

OTTAWA

metro[®]

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

Tuesday, August 14, 2012



RBC Insurance

We do car
insurance?
Quite well,
actually.



Insurance advice for your life™



RBC Insurance

Ranked “Highest in Customer Satisfaction among Auto Insurers in the Ontario and Atlantic Region”



When it comes to car insurance, it's important to deal with trusted experts. Just ask our customers – they know our commitment to great service firsthand. From policy offerings, billing and payment right down to claims, we ensure you get the best possible treatment and feel confident that RBC Insurance® is there to help.

To get your quote, call 1-877-ROYAL®-43, go online at rbcinsurance.com/car or visit your local RBC Insurance store.

In the South Keys Shopping Centre
2212 Bank Street, Ottawa

In the Terry Fox Shopping Centre
500 Hazeldean Road, Kanata

Insurance advice for your life™

| [HOME](#) | [AUTO](#) | [LIFE](#) | [HEALTH](#) | [TRAVEL](#) | [BUSINESS](#) | [RETIREMENT](#) |



Underwritten by RBC General Insurance Company or RBC Insurance Company of Canada.

® /™ Trademark(s) of Royal Bank of Canada. Used under licence. Due to the government-run auto insurance plans, RBC Insurance does not provide auto insurance in Manitoba, Saskatchewan and British Columbia. RBC Insurance received the highest numerical score among auto insurance providers in the Ontario and Atlantic Region in the proprietary J.D. Power and Associates 2011 Canadian Auto Insurance Customer Satisfaction Study™. Study based on 11,286 total responses measuring 20 providers in the Ontario and Atlantic Region (NB, NL, NS, ON, PE) and measures consumer satisfaction with auto insurance providers. Proprietary study results are based on experiences and perceptions of consumers surveyed in July-August 2011. Your experiences may vary. Visit jdpower.com



Zombies cough up some dough

Organizers of this year's Ottawa Zombie Walk may have to pay upwards of \$3,500 for police presence PAGE 3

SPROUT OUT OF A DREAM

DIRECTOR FLIPS BETWEEN FANTASY AND REALITY
IN THE ODD LIFE OF TIMOTHY GREEN

PAGE 10



OTTAWA

metro

®

Tuesday, August 14, 2012

News
worth
sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa

Olympians welcomed home

Inspiration. Sense of pride was palpable at airport as Canadian athletes returned home



JOE
LOFARO

joe.lofaro@metronews.ca

If the Ottawa police pipe and drum band wasn't welcoming enough for local Olympians at the Ottawa International Airport Monday, the onslaught of greetings from dozens of friends, family and fans certainly was.

As athletes emerged from the customs gate, fans armed with flashing cameras, drowned out the pipes with their loud cheers and applause.

Men's 4x100 relay runner Oluwasegun (Segun) Makinde was first out, followed by teammate Gavin Smellie.

The pair were all smiles, despite a disappointing disqualification in London when fellow runner Jared Connaughton stepped on a lane line. "I was very disappointed," said Smellie at the airport Monday.

"We managed to pull ourselves together and keep our heads up and hope the best for the future."

The crowded welcome was

Fanfare

"The saying for the Olympics this year was 'Inspire a generation,' and I really feel that these athletes have done that."

Emma Lis, 19, Olympian fan

a big surprise for the 26-year-old. "It's a great atmosphere, I'm taking everything in right now. It's a great moment."

His teammate felt the same: "It feels good to be back," Makinde said, hugging his parents.

With a silver medal dangling from his neck, Canadian rower Conlin McCabe said it felt "awesome" to see so many excited fans and the media put a spotlight on his team.

"Coming from Brockville, Ont., this never happens in our sport," said McCabe, before signing an autograph on a young boy's T-shirt.

Emma Lis, 19, an Ottawa South United Soccer Club player, didn't know any of the athletes personally, yet she rushed to the airport just to see them arrive home.

"The saying for the Olympics this year was 'Inspire a generation' and I really feel that these athletes have done that," said Lis.



Canadian 4x100 relay sprinter Gavin Smellie signs his autograph on a fan's Team Canada sweater Monday at the Ottawa International Airport after arriving from the Olympic Games in London. JOE LOFARO/METRO



BECOME OUR NEXT SCHOOL BUS DRIVER

First  Student Canada

www.firststudentcanada.com

FREE TRAINING
CALL TODAY!

613-688-0653

ROGERS™
authorized dealer

BELLEVILLE

324 North Front St.
(613) 969-0120

BROCKVILLE

2399 Parkdale Ave.
(613) 345-3161

CORNWALL

Cornwall Square
(613) 936-2083

GLOUCESTER

Gloucester City Centre
1980 Ogilvie Rd., Unit 136
(613) 842-7285

KANATA

Hazeldean Mall
(613) 271-1153

Kanata Centrum
Shopping Centre
(613) 599-9690

KINGSTON

Catarqui Town Centre
(613) 634-9897

Kingston Centre
(613) 546-6043

122 Princess St.
(613) 549-0315

NEPEAN

130 Riocan Ave.
(613) 823-9240

ORLEANS

2020 Lanthier Dr., Unit E2
(613) 590-0289

OTTAWA

901 Carling Ave.
(613) 238-7533

104 Bank St.
(613) 230-0202

1465 Merivale Rd.
(613) 224-9222

205 Richmond Rd.
(613) 724-2674

1719 St. Laurent Blvd.
(613) 276-8585

PEMBROKE

670 Pembroke St. W
(613) 732-1602

1100 Pembroke St. E, Unit 210
(613) 732-1602

3435A Petawawa Blvd.
(613) 732-1492

ROGERS™

NEPEAN

Bayshore Shopping Centre
(613) 726-7665

OTTAWA

2121 Carling Ave., Unit 87
(613) 798-1946

1200 St. Laurent Blvd., Unit 248
(613) 746-8546

50 Rideau St., Unit 327C
(613) 232-4800

110 Place D'Orleans Blvd., Unit 290
(613) 590-2237

2269 Riverside Dr., Unit 44
(613) 737-2071

690 Bank St.
(613) 668-5499

BELLEVILLE

Quinte Mall
(613) 969-2130

BONUS
UNLIMITED INTERNET
FOR 3 MONTHS

The place to go... to go superfast.



Samsung Galaxy S III™^(16 GB)

with **FLEXtab™**

\$159.99*

with select
3-yr. FLEXtab
agreements

THE LTE SAMSUNG GALAXY S III™

Hurry into a Rogers store for a huge selection of LTE superphones & experience the fastest wireless network technology on the planet.¹

Rogers LTE network available in select cities. See rogers.com/coverage

rogers.com/superphones

CONNECT EXCITING TALK SHARE RELIABLE CONNECT NETWORK CHAT
TALK FRIENDS SURF LIFE TEXT FIRST FAST ACCESS CONNECT NOW NETWORK CHAT
CHAT ACCESS SURF FREEDOM EXCITING FAST ACCESS CONNECT NOW NETWORK CHAT
Creating World-Leading Internet Experiences.

ROGERS™

ROGERS™
authorized dealer

ROGERS™ plus

WIRELESSWAVE™

WIRELESS etc...

COSTCO
WHOLESALE

► FUTURE SHOP

booth

BEST BUY

Walmart

BATTERIES N' GADGETS

RELIABLE

Offers available for a limited time and subject to change without notice. Usage subject to Rogers Terms of Service and Acceptable Use Policy. *With new activation on any 3-yr. talk and internet plan having min. \$48 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to \$35 (varies by province) may apply. ¹ Within Rogers LTE coverage area. LTE SIM card activation on an LTE plan required. Actual experienced speeds depend on the network spectrum and technical specifications of the device used and may vary based on topography and environmental conditions, network congestion and other factors. © 2012 Rogers Communications.

Zombies must pay cops \$3,500 for Ottawa walk

Price of being undead.

Growth of popular event means crowd control needed: Police

 JOE LOFARO
joe.lofar@metronews.ca

Fans of the Ottawa Zombie Walk will soon be on the hunt for not only brains but also a few thousand dollars.

Police have said that organizers need to pay up to have officers monitor this year's event.

Bryony Etherington, the walk's head organizer for the past two years, said she never had to hire paid duty officers in the past, but since the event has grown organizers might have to pay upwards of \$3,500.

"They did not ask us for a fee in the past because there was no way to clearly gauge the number of people that were involved," said Etherington. "(But) I knew that this was coming, that even-

tually, as the event grew in size the risks became greater and the city can't use taxpayer dollars to provide police escorts and services."

For the crowd of an estimated 2,000 participants at last year's Zombie Walk, Sgt. Marc Benson with Ottawa police's special-events section said seven officers responded.

"We obviously needed more," said Benson, reading responding officers' notes from last year.

The 2011 route took the undead from MacDonald Gardens Park through the downtown core and ended at Parliament Hill on Oct. 22.

The number of police resources needed for this year depends on how it's organized and what the route is, Benson added.

"When the crowds get too big, they can't stay on the sidewalk, and then it becomes an issue with people on the roadways mixing with cars and vehicles," said Benson. "And that's where the public-safety issues come into play."



Participants in the Ottawa Zombie Walk last October cross the intersection of Daly Avenue and Nicholas Street as they make their way to Parliament Hill. JOE LOFARO/METRO

The 2012 rates for a paid constable is \$73.14 per hour and \$45.00 per hour for vehicles.

Unable to come up with the money to hire police and get insurance on her own, Etherington is removing

herself from the role of head organizer. She said she hopes fans of the event will organize a fundraiser amongst themselves to keep the event going this year.

"I'm not worried it won't happen because the parti-

pants seem to be very clearly voicing that they want to ensure the event continues," said Etherington.

Follow Joe Lofaro on Twitter @giuseppelo



Grapes at region's vineyards thrive despite drought



Grapes at the Domain Perrault vineyard in Navan are thriving after the region's drought conditions in June and July sped their growth. CONTRIBUTED

Ottawa area farmers are losing their apple and corn crops. Yet when it comes to wine, 2012 is turning out to be a very good year.

"Grapes seem to thrive on a bit of stress," said Bernard Martineau, chief wine maker at the Domaine Perrault vineyard in Navan. "I'm looking forward to this year's vintage. For us it's almost perfect. It's basically the heat and not a whole lot of rain that did it."

Last year, he said, the vineyard's 6,000 plant crop wasn't as good because they cut too many leaves and left more

buds on the vine than they should have during winter upkeep. That gave the grapes a low sugar content, which is primarily where wine gets its flavour.

Since this year's crop is two weeks ahead of schedule, the grapes will have a much higher sugar content, said vineyard owner Denis Perrault. "The heat is helping the plants. They'll have a lot of time to mature. They're doing better than usual in the dry weather."

Perrault said he can't speak for all Ontario wine makers

since the vines he grows were developed for colder climates by the University of Minnesota, which blended North American vines with varietals from Northern Europe.

As grapes ripen, their sugar content increases, so having colder climate grapes is a boon, said Janet Moul, who owns the 11-acre Jubulani Vineyard and Winery in Richmond with her husband.

"We were getting pretty worried. But the rains came pretty much bang on when we were at our wits end," she said. GRAHAM LANKTREE/METRO

On the web



This kitten sure wants milk. Scan the code to see how crazy this cute three-week-old furball gets at the sight of a milk bottle.

Sensational!

SMITHS FALLS

Heart of the Rideau Canal



Come experience *sensational!* Downtown Smiths Falls

Downtown Smiths Falls offers you over 160 unique shops and services. You'll discover a wonderful selection of clothing, giftware, jewellery, art, antiques and specialty products.

While you're searching for that special item, pause to enjoy an unmatched dining experience or explore one of the museums or waterfront attractions.

Smiths Falls, where you can **Shop, Explore & Be *Sensational!***

www.smithsfalls.ca

www.downtownsmithsfalls.ca



1
IN
SWEAT

For every woman, I'm running for you.

Cheryl Hickey

Host
Entertainment Tonight Canada

Join us on **Sunday, September 30**.

Canadian Breast Cancer Foundation
CIBC Run for the Cure®

Make a donation and select a gift from the
CIBC Pink Collection™

Visit cibc.com/runforthecure
Like us on facebook.com/cibccommunitymatters
and follow us on Twitter @CIBCCommunity



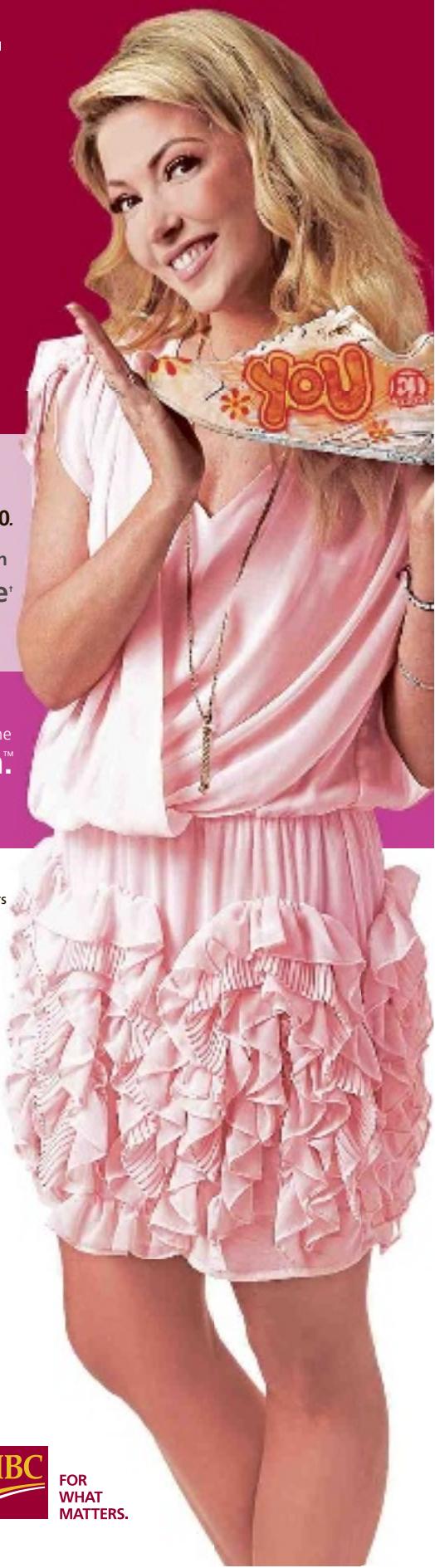
Canadian
Breast Cancer
Foundation



CIBC

FOR
WHAT
MATTERS.

TMTrademark of the Canadian Breast Cancer Foundation, used under license. 'Canadian Breast Cancer Foundation, Run for the Cure and pink ribbon ellipse are trademarks of the Canadian Breast Cancer Foundation. "CIBC Pink Collection" and "CIBC For what matters." are trademarks of CIBC.



Real Sports Bar & Grill general manager Matthew Valentine holds *Les Bleus*, a mixed-beer creation pairing the traditional Kronenbourg lager with the sour-wheat taste of a 1664 Blanc. GRAHAM LANKTREE/METRO

New sports bar to bring mixed-suds adventure to city

Blends. Stuck in a beer rut? Try a Darth Maple



GRAHAM LANKTREE
graham.lanktree@metronews.ca

Mixologist and Real Sports Bar & Grill general manager Matthew Valentine is asking beer lovers who can't dream of parting with their Budweiser or Coors to lighten up.

Or darken up, depending on their taste. When the flashy 376-seat sports bar with a near-two-storey TV screen opens this October in the ByWard Market, quirky mixed beers such as the Oh Canada, pairing

Creative concoctions

You've heard of classics like Snake Bite, Black and Tan and Shandy. But what about these ...

- **Darth Maple.** Canadian with Murphy's Stout
- **Les Bleus.** Kronenbourg with 1664 Blanc
- **Danish Boilermaker.** Carlsberg, Somersby Cider and a shot of Jack Daniels

Rickard's Red and White, will invade the drink list.

"It's for people who want to experiment and play with

their palate," said Valentine, who said working as a bartender for years led him to experiment and try new things. "By mixing beers, you're not just jumping from Coors Light to, say, a beer with double hops."

Lagers like Coors and Budweiser are a great way to start blending beers with something else and to find out if you have a taste for more adventurous and exotic flavours, Valentine said.

"It's a great way to get into full-bodied ales. We want people to have fun with it and find something they like."

Follow Graham Lanktree on Twitter @MetroGraham



Complaint. National Capital Commission re-examining its election-sign ban

The National Capital Commission is re-examining its ban on electoral signs on its properties after a candidate in the Quebec election complained it's undemocratic.

On Friday afternoon the NCC took down elections signs for Bill Clennett, the Québec Solidaire candidate in Hull, on Laurier Avenue by the Museum of Civilization and city hall, which, as part of Confederation Boulevard, is on NCC-controlled land.

Clennett, a longtime activist, said his campaign thinks the policy is "absurd, wrong, and we deplore it."

His campaign put a couple posters back up after the NCC took the others down, he said.

NCC spokesman Jean Wolff said the policy has been in place for about 15 years



An election sign for candidate Bill Clennett is seen on Confederation Boulevard on Monday morning. JESSICA SMITH/METRO

Crime

2 charged in heists

Police charged a man and a woman from Gatineau with robbery and weapons offences after two knifepoint heists on Aug. 10 and 12 in Ottawa. Sylvain St Amand, 45, and Chantal Labelle, 42, were nabbed after police set up checkpoints at inter-provincial bridges. METRO

Racing

Locals go far at motocross contest

Two local motocross racers delivered at the Monster Energy Motocross Nationals on the weekend. Dylan Wright, 14, of Richmond (featured in Metro last week), placed 17th in the MX2 pro class, while Jeremy Medaglia of Kemptville won the MX2 class at the San Del Lee racetrack. METRO

and it is respected by all the other federal, provincial and municipal candidates.

JESSICA SMITH/METRO

Ottawa needs better rabies control, says man who filmed rabid squirrel

Unhelpful advice.

Resident who called the city for assistance was given incorrect information

 JESSICA SMITH
jessica.smith@metronews.ca

An Ottawa resident who filmed a squirrel foaming at the mouth and walking jerkily around in circles says the city should have a better handle on rabies control.

Ramsay Nasrallah spotted

a squirrel and a cat interacting strangely on Sunday at Coxford Street and Wick Crescent in Rothwell Heights. The cat ran off, but he took some photos and filmed the squirrel.

"I wanted to capture it so someone could take it away and get rid of it," he said, "but by the time I went to get a container and came back, the squirrel was gone."

Nasrallah called the city but was told that, because the squirrel had left, there was nothing they could do. He said he was told the city only deals with rabid bats, which is incorrect. The operator also directed him to the Ministry

of Natural Resources and the Humane Society. Neither deals with individual reports of rabid squirrels.

Associate medical officer of health Dr. Rosamund Lewis said Ottawa Public Health makes sure people get appropriate health care if they have possibly been exposed to rabies. She said Public Health can also get a trained professional to pick up a rabid animal if it's still in the area.

While Ontario hasn't had a human case of rabies in years, 12 animals have tested positive and 14 people have been vaccinated against rabies as a result of an interaction with a potentially rabid animal so

By the numbers

1,055

Cases appear to be rising, with 1,055 calls already to the city about rabies this year, compared to 1,201 calls for all of 2011 and 556 for 2010.

far this year in Ontario, she said.

Anyone coming into contact with an animal that might be rabid should call Ottawa Public Health at 613-580-6744.

Follow Jessica Smith on Twitter @jessiecathe



Ramsay Nasrallah spotted this squirrel acting strangely and foaming at the mouth on Sunday at Coxford Street and Wick Crescent in Rothwell Heights.

RAMSAY NASRALLAH/CONTRIBUTED



Life after the lumber yard: An abandoned tank gets a much-needed makeover

This M1917 tank, left, was in rough shape when it was discovered in a lumber yard, where it had been put to use as a log stripper following the Second World War. But after some 5,000 hours of restoration work, including the construction of a new turret, it was unveiled yesterday at the Canadian War Museum. The two-man tanks, which were used in the First World War by the U.S., were sold to Canada at the beginning of the Second World War and used to train crews. CONTRIBUTED

HOW DO YOU KEEP 200 MILLION CUSTOMERS HAPPY?
WITH YOUR EARS.

THAT'S THE POWER OF



Being part of a global company across 18 countries means we have over 200 million customers to listen to and learn from. That helps us provide you with the products and services you deserve, like unlimited plans that really are unlimited.



WINDmobile.ca

Sears*
RIDEAU CENTRE 50 Rideau St
STORE CLOSING Back To School Savings!
Everything Must Go!!!

ENTIRE STORE NOW **20% OFF & MORE**
Lowest Ticketed Price

30% to 40% OFF ALL Fine Jewellery, Diamond, Silver, Gold & Gemstones
Original Ticketed Price

All Fashion Clothing Back To School Savings!
30% OFF
Lowest Ticketed Price

Save On All Craftsman Tools, Major Appliances & Kitchen Electrics
All At Discount Prices!

All Shoes Stock Up For Back To School
40% OFF
Lowest Ticketed Price

40% OFF Original Ticketed Price
All Mattresses Beautiful Selection! **PLUS Take An EXTRA 10% OFF**

Store Fixtures, Furniture and Equipment for Sale!

ALL SALES FINAL. OPEN REGULAR STORE HOURS. WE ACCEPT MASTERCARD, VISA, AMERICAN EXPRESS, AND SEARS FINANCIAL™ CREDIT CARDS. WE ACCEPT SEARS GIFT CARDS AND SEARS CASH CARDS. ALL ITEMS AVAILABLE WHILE QUANTITIES LAST. THIS STORE IS EXCLUDED FROM CURRENT SEARS FLYER OFFERS. EXCLUDES COSMETICS, FRAGRANCES AND LICENSED DEPARTMENTS.



Police officers gather at the site of a shooting near Texas A&M University on Monday. Police say one law-enforcement officer and one civilian were killed in the shootout. The gunman was also shot before being taken into custody. He later died. DAVE MCDERMAND/BRYAN-COLLEGE STATION EAGLE/THE ASSOCIATED PRESS

Cop among dead in Texas shooting

Four more injured.

Gunman, other man also killed during incident near university campus

A Texas law enforcement officer attacked as he brought an eviction notice to a house Monday was among three people, including a shooter inside the home, killed Monday near a Texas university.

A 65-year-old man also died, while three other law enforcement officers and a 55-year-old woman were wounded in the shootings at an off-campus home not far from the Texas A&M University's football sta-

dium, College Station Assistant Police Chief Scott McCollum said.

Brazos County constable Brian Bachmann had gone to a home with an eviction notice just after 12 p.m., McCollum said. A man in his mid-30s who lived there opened fire.

Officers responding to calls describing an officer down saw Bachmann wounded on the ground in the front yard, then got into what McCollum described as an extended shootout with the gunman, who eventually was shot.

Both Bachmann and the gunman were later pronounced dead at a hospital. Officials did not say where the other man who died was shot or why he, or the woman who was wound-

ed, was at the home.

The shootings prompted Texas A&M to issue an emergency-alert warning students and residents to stay away from the area. Most of the university's 50,000 students were not on the campus because the fall semester hasn't started.

Bachmann worked more than 19 years in law enforcement, according to the Texas Commission on Law Enforcement Officer Standards and Education. He started out with the Hempstead Police Department before spending most of his career with the Brazos County Sheriff's Office. He had been a constable since January 2011 after winning election to the post the prior November.

THE ASSOCIATED PRESS

Security

Man strolls across airport tarmac

A New York City man breached Kennedy International Airport's state-of-the-art security system by walking through two runways and into a terminal after becoming stranded in a nearby bay.

THE ASSOCIATED PRESS

Good to be lucky

DUI arrest nets wanted fugitive

Toronto police say a drunk-driving investigation led to the arrest of an international fugitive wanted in a gruesome Philadelphia murder more than a decade ago.

THE CANADIAN PRESS

Norway. Commission criticizes police response to bomb, gun massacre

Norwegian authorities could have prevented or interrupted the bomb and gun attacks by a far-right fanatic who killed 77 people last year, a government commission said Monday.

The long-awaited report into the July 22 attacks also said the domestic intelligence service could have done more to track down the gunman, but stopped short of saying it could have stopped him.

Anders Behring Breivik, 33, has admitted to the bombing of the government's headquarters in Oslo, which killed eight people, and the subsequent shooting spree at a youth camp that left 69 dead, more than half of them teenagers. He is currently awaiting sentencing.

While noting that the attacks "may be the most shocking and incomprehensible acts ever experienced in Norway," the 500-page report said the bombing "could have been prevented" if already-adopted security measures had been implemented more effectively.

The report said that a faster police response could have stopped Breivik's shooting spree earlier, but recognized that "hardly anyone could have imagined" the attack on Utoya.

THE ASSOCIATED PRESS



Anders Behring Breivik

Iranian earthquake death toll over 300

Disaster. More than 3,000 injured in twin earthquakes that struck northwestern Iran two days ago

Iran raised its earthquake death toll to 306 on Monday, a day after rescuers called off the search for survivors from the rubble of their homes in the country's northwest, state media reported.

Health Minister Marzieh Vahid Dastjerdi told a session of parliament that the number jumped by about 50 after victims expired in the hospital. More than 3,000 people were injured in the twin earthquakes that struck two days ago, she added in comments broadcast on state radio.

In one hamlet visited by AP Television News near the village of Bajeh Baj, 13 miles west of one of the epicentres, furniture peeked out from under piles of bricks and collapsed roof timbers while men sorted through debris, trying to salvage what little was left of their households.

Residents say the earthquake killed 35 people living in the simple dwellings surrounded by mountains. Dried



Two boys retrieve their belongings from the ruins of their house following Saturday's earthquake in northwestern Iran. ALI HAMED HAGHDUST/THE ASSOCIATED PRESS

International response

Iran's Red Crescent Society said the country does not need any foreign aid.

- Spokesman Pouya Hajian told the ISNA news agency that the International federation of Red Cross and Red Crescent, UNICEF, Turkey, Taiwan, Singapore, Germany and many embassies in Tehran had offered help but that the Iranian Red Crescent is able to support the quake-stricken areas.

which cut some houses in two and left the wall of one standing only where it was propped up by a refrigerator.

The death toll included some 219 women and children, Dastjerdi said, adding that around 2,000 injured people had been released from hospitals soon after the quake since they had only minor injuries.

Dastjerdi said her ministry has deployed scores of ambulances and medics to the region but still needs helicopters to transfer seriously injured people quickly.

Authorities say old, heavy roofs without frames were largely responsible for the death toll in the rural areas.

THE ASSOCIATED PRESS

earth was left split wide open from the force of the shock,

Patient safety

Health Canada warns of hospital bed entrapment

Health Canada is warning hospitals and other health-care facilities about the risk of entrapment of patients in hospital bed rails after three people died and several were injured. In a notice to hospitals issued Monday, the health agency says 12 incidents have been reported of patients becoming trapped in hospital beds since 2009, including three deaths. THE CANADIAN PRESS

Guatemalan lawsuit

Research victims appeal decision

Guatemalans who had been subjected to sexually transmitted diseases by U.S. researchers in the 1940s have appealed a judge's dismissal of their lawsuit. A U.S. District judge dismissed the suit two months ago. He ruled that federal law bars claims against the U.S. based on injuries suffered abroad. The victims filed an appeal Monday with the U.S. Court of Appeals in Washington. THE ASSOCIATED PRESS



A glimpse into the past

A historical picture of construction work on the Berlin Wall is seen in the background as a man looks through a slot in a segment of the wall at the Berlin Wall Memorial on Monday. Germany was marking the 51st anniversary of the day communist East Germany sealed itself off behind the wall. GERO BRELOER/THE ASSOCIATED PRESS



comwave[®]

Long Distance



Let us show you how to make overseas calls from your mobile phone!

We'll beat all
competitors rates
Guaranteed!



Limited Time Offer
30 Minutes FREE
Every Month

Unlimited Canada \$5 /Month

Unlimited calling to anywhere in Canada

India 1¢ /Minute

1000 Minute bundle only \$10/month

| | | | | | | | | |
|--------------------|---------------------|------------------|----------------------|-------------------|------------------|-------------------|-----------------------|-----------------------------|
| Australia 1.9¢/min | Bangladesh 3.9¢/min | Bosnia 10.9¢/min | China 1.9¢/min | Colombia 2.9¢/min | Cuba 69.9¢/min | Croatia 2.9¢/min | Germany 1.9¢/min | Dominican Republic 3.9¢/min |
| Iran 1.9¢/min | Israel 1.9¢/min | Italy 1.9¢/min | Sri Lanka 9.9¢/min | Lebanon 7.9¢/min | Mexico 1.9¢/min | Pakistan 3.9¢/min | Philippines 10.9¢/min | Kazakhstan 4.9¢/min |
| Poland 1.9¢/min | Romania 1.9¢/min | Russia 1.9¢/min | South Korea 1.9¢/min | U.A.E. 14.9¢/min | Ukraine 8.9¢/min | U.K. 1.9¢/min | Vietnam 3.9¢/min | United States 1.9¢/min |

Download our Comwave Mobile App
3 Days Free Trial

613-216-6100

www.comwave.net

With Comwave's 30 minutes free advertising, Comwave reserves the right to cancel any calls or messages or information at any time. 100-1000 MINUTE: Minimum Rate Guarantee is based on a single line level when used for 100 minutes. Comwave will not rate switch against directly or indirectly to rates, bundled minute plans or stepped calling each due to their inaccurate billing or rates. Bundled minute plans cannot be waived by more than one line. Bundled minutes from one month do not carry over to the next month. Extra minutes will be added at our local rate. Comwave's rates in U.S. or U.S. Territories/Mobile Phones may be billed at a higher rate. Terms and conditions apply. See www.comwave.net for details.

Market Minute



DOLLAR
100.76¢
(-0.15¢)



TSX
11,838.83 (-52.56)



OIL
\$92.73 US (-14¢)



GOLD
\$1,612.60 US (\$-10.20)

Natural gas: \$2.73 (-4¢)

Dow Jones: 13,169.43 (-38.52)

Waterloo, RIM, Ontario government, universities to help laid-off workers

The Ontario government is teaming up with Research In Motion Ltd. to help laid-off workers in the city where the company, which is working through a restructuring that includes slashing jobs, is based.

Commitech, which lobbies on behalf of tech companies in the region, as well as the University of Waterloo and Wilfrid Laurier University, will also be involved in the plan to help laid-off workers.

The universities are adding spaces in entrepreneurship and business programs, to help workers develop skills to start their own businesses.

Commitech and Employment Ontario will help workers find new jobs in the

Next generation

5,000

The troubled BlackBerry maker announced in June that it will be cutting 5,000 jobs worldwide and would not release its next generation of smartphones until next year.

sector in the region, sometimes referred to as "Silicon Valley North."

The province will also create a centre where laid-off workers can look for new jobs, get employment counselling or go back to school.

The announcement comes ahead of a Sept. 6 provincial byelection in the riding of Kitchener-Waterloo.

THE CANADIAN PRESS

Canada's

Mobile Notary

Certified True Copies

E-Document Certification

Notarization & Commissioners of Oaths

Affidavits

Visa & Passport Processing

RedSeal Notary.com

National Notary Public

Notarization & Legalization

Over 100 Locations Across Canada



Company

Fingerprinting

Background Checks

Land Title Searches

Authentication & Legalization (Apostille)

Consent to Travel

1-888 922-7325

Job losses. Google cutting 4,000 at Motorola Mobility

Google is cutting about 4,000 jobs at its Motorola Mobility cellphone business and will close or consolidate about one-third of its 90 locations.

The reductions represent about 20 per cent of Motorola Mobility's 20,000 employees, and seven per cent of Google's overall workforce. Two-thirds of the job cuts will take place outside the U.S., Google said.

The job eliminations come three months after Google bought the once-dominant U.S. cellphone maker for \$12.5 billion US, chiefly with a view to

using its large patent portfolio to bolster its legal defences.

The cellphone pioneer has been struggling for years. It hadn't produced a mass-market hit since it introduced the Razr cellphone in 2005 and its market share has plummeted.

Before the acquisition, Motorola had been trying to turn itself around by focusing on smartphones, and the cuts announced Monday will shift that goal even further. In the first quarter, Motorola sold 5.1 million smartphones and 3.7 million "dumb" phones.

THE ASSOCIATED PRESS

Disappointing numbers

88 per cent of British tourism-oriented businesses reported losses versus last year

The Olympics brought less tourist money to recession-hit Britain than officials expected, a trade group said Monday, with a majority of tourist businesses reporting losses from last year.

A survey of more than 250 tour operators, hoteliers and visitor attractions found that tourist traffic fell all over Britain, not just London, said UKinbound, a leading trade

Tame tourists

"The people who came to the Games really didn't do very much sightseeing, didn't do very much shopping, didn't do very much eating out."

Miles Quest, a spokesman for the British Hospitality Association

Poll

Canadians lacking emergency funds

A new poll for one of Canada's big banks says 45 per cent of those surveyed had no fund set up to deal with emergency expenses.

The poll of about 2,000 Canadians was conducted in March and April for CIBC by Harris/Decima. Ontario and Alberta residents were the least likely to say they had an emergency fund set up — 53 per cent of respondents in each province.

THE CANADIAN PRESS

association representing British tour operators, shops and hotels.

The survey said 88 per cent of British tourism-oriented businesses reported some losses during the Games compared to the same period last year.

"As an industry we knew the Games would have a negative impact on international visitor numbers to London but the impact on the rest of the U.K., combined with domestic visitors staying away, has been deeply disappointing," said Rita Beckwith, chief executive of London's City Cruises, a member of UKinbound.

Officials are still tallying up the total number of tourists who came to — or avoided — London this summer.

The capital normally sees about 1.5 million tourists on average in August.

Tourism officials say that international Olympics visitors to London, including athletes, officials and tourists, totalled about 300,000. Domestic spectators from Britain made up the majority of people visiting Games venues.

THE ASSOCIATED PRESS



Prepare for your future

Management Development Program for Women

Professional part-time program. Bursaries available.

For more information, please call 613-520-2650.

www.sprott.carleton.ca/mdpw/



Centre for Research and Education on Women and Work



WHEN YOU BECOME YOUR PARTNER'S PARENT



SHE
SAYS...

Jessica Napier
metronews.ca/shesays

Every time I embark on a couple's getaway with my significant other, I am expected to be the keeper of our passports and all other important documents. I don't know why this happens,

but I do know that it's the cause of many departure-lounge arguments.

"It's easier because you have a purse," my boyfriend tells me. It's easier for him, is what he really means.

Part of me wants to insist he be more self-reliant and discourage his child-like dependence on me. The other part of me doesn't really care that much about something so trivial. I always wind up carrying everything in the end because, well, it is easier and I am also legitimately afraid that he would lose his passport.

It's a small thing to argue over, but it's indicative of a much bigger problem. In relationships, and I know I'm not alone in this, women often find themselves in an awkward position of feeling a bit more like a mother than a lover.

Sure, the desire to nurture and protect is instinctual and, to a certain degree, unavoidable. But it can be hard to know when to draw the line between being supportive and turning into a Pseudo-Mom.

In their new book *How Can I Be Your Lover When I'm Too Busy Being Your Mother?* therapist Sara Dimerman and bestselling author J.M.

Kearns tackle the issues that

arise when a loving partnership turns into a parent-child relationship.

According to the authors, "a healthy couple functions as a team, with both pitching in. When that fails to happen, the nagging mother appears and both partners suffer."

When it comes to my own relationship, I have to wonder if I'm enabling my boyfriend's Peter Pan syndrome every time I tidy up after him or do his laundry or remind him about his upcoming doctor's appointment. I'm trying to be a caring and loving partner, but sometimes I catch myself nagging and shudder at the mom-isms that come out of my mouth.

Dimerman and Kearns suggest that sometimes "a man who actually wants to do more around the house is 'fended off' by his wife when she does things like criticizing his work, redoing his tasks and setting too-high standards."

No matter who's at fault, spouses need to be equals.

So when you're doing more than your fair share when it comes to domestic tasks and other responsibilities, you run the risk of losing respect for one another and jeopardizing your relationship.

Follow Jessica Napier on
Twitter @MetroSheSays



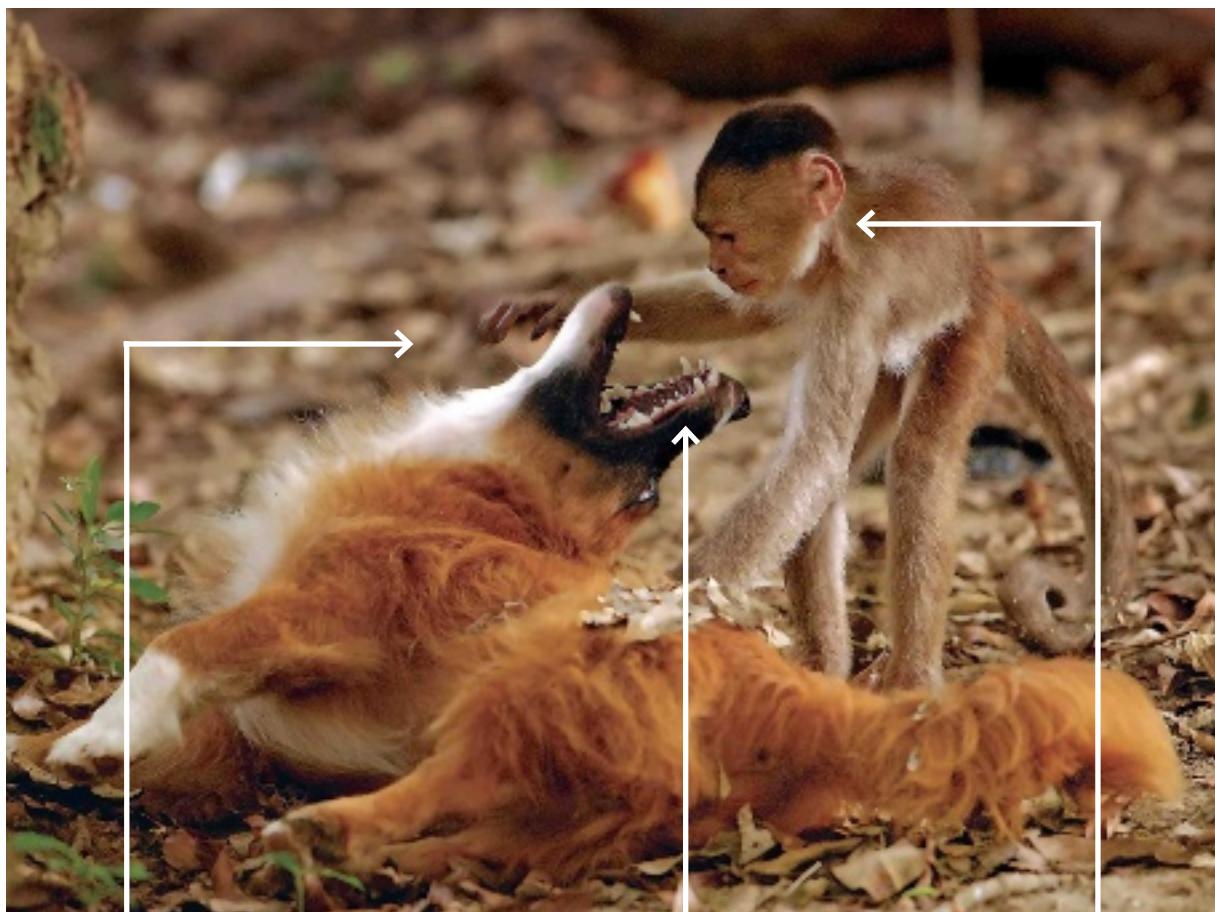
I wanna hold your hand — but I don't wanna be your momma.

DAN KITWOOD/GETTY IMAGES FILE



President Bill McDonald • Vice-President & Group Publisher, Metro Eastern Canada Greg Lutes • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Ottawa Sean McKibbin • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Vice-President, Sales Quin Millar • National Sales Director Peter Bartram • General Manager Dara Mottahed Jameson • METRO OTTAWA • 130 Slater St., Suite 300 Ottawa, ON K1P 6E2 • Telephone: 613-236-5058 • Fax: 866-253-2024 • Toll free: 1-888-916-3876 • Advertising: 613-236-5058 • ottawaletters@metronews.ca • Distribution: bernie.horton@metronews.ca • News tips: ottawa@metronews.ca • Letters to the Editor: ottawaletters@metronews.ca

My, what sharp teeth you have



PETE OXFORD/MINDEN PICTURES/SOLENT

Wildlife greeting

Tooth exam is monkey business

This cheeky monkey seems to play dentist as he peers down into the jaws of a dog who looks more than happy to be the patient. Photographer Pete Oxford captured the amusing scene at the coastal resort of Ecuador's Puerto Misahualli, which is renowned for its large population of the diminutive capuchins.

MWN

Photographer's view



"Showing off your teeth in such a manner is the best way of displaying mutual trust."

Pete Oxford, a wildlife photographer based in Ecuador. The British-born Oxford explained to Metro the playful behaviour of "showing off your best weaponry" — i.e., sharp teeth — signals mutual trust between the two creatures.

Oxford on encounter

• **Primate primp.** "The monkey appeared to be grooming the dog; both were comfortable with each other and seemed to enjoy the interaction."

• **Not wild at heart.** "People have difficulty believing that these are indeed free-roaming wild monkeys."

• **Chums.** "These two seemed to be best of friends, allowing lots of liberties between them."



Twitter

@checkyonuts

RT @skating_probs: Buying a pair of shoes to skate with, fall in love with them, but never skate in them because you don't want to rip them.

@LukeAFBradley

The first step to the best education system in the world is a society that holds educators on high. Do we do enough of that in Canada?

@LindseyBorth

home this weekend for dirt pigs #reunion #shotsbeershots #cantwaittoseeeveryone :)

@Dreamer19

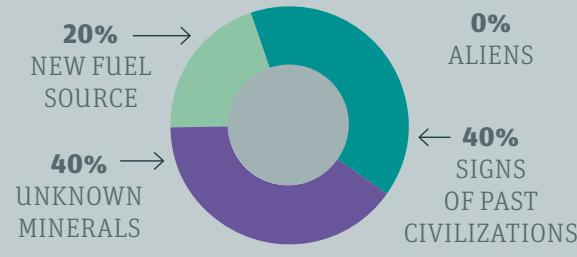
@starnote13 I actually can't believe we're about to hear a brand new song already! feels like I was at her show just recently! :P

@KevinLoPro

Every time I leave for vacation, it just so happens to also be shark week...

Register at metropolitanpanel.ca and take the quick poll

What are you most hoping the Curiosity rover finds on Mars?





The Raid: Redemption

Director: Gareth Evans

Stars: Iko Uwais, Ananda George, Ray Sahetapy

•••••

Here's the action arithmetic of *The Raid: Redemption*: one ruthless crime lord, 20 elite cops, 30 floors of hell. Combining a strong protagonist and story with traditional Indonesian martial arts (silat) moves, Welsh writer/director Gareth Evans creates an exhilarating experience that rightly won the Midnight Madness award at TIFF 2011. But this is brutal stuff, with a body count that is high even by genre standards. Iko Uwais is Rama, a rookie in a 20-member SWAT team charged with cleaning a highrise of Jakarta drug lord Tama (Ray Sahetapy) and his legion of thugs. The baddies have been flouting the law to an extent that requires a response — even in a city where cops habitually look the other way for fear and profit. Closed-circuit cameras, a weapons arsenal and a psychopathic enforcer called Mad Dog (Yayan Ruhian) are just some of the tools Tama has at his ruthless disposal.

PETER HOWELL



The Odd Life of Timothy Green opens on Wednesday. HANDOUT

Great things sprout from mere dreams

Growing whimsy.
The *Odd Life of Timothy Green*'s director struggled to balance reality and fantasy in film

RICHARD CROUSE
scene@metronews.ca

The *Odd Life of Timothy Green* comes by its mix of whimsy and realism honestly.

It was born from a dream. Sort of.

"I'd been dreaming that I was directing something and it was going well," says director Peter Hedges. "I had sat

up in bed and told my wife I wanted to make one of those movies like *A Field of Dreams* or *It's a Wonderful Life*. She said, 'Great, go back to bed.' But I couldn't. 'What's the matter?' she said. 'I don't really come up with those kinds of ideas.'

That could have been the end of it, but as luck would have it he met with Ahmet Zappa, who had a loose idea about a childless couple who bury slips of paper with all the qualities they would like their child to have in the garden. After a heavy rain a young boy with five leaves on each ankle emerges.

Suddenly his whimsical dream was looking much more like reality.

"There was just a myriad

of possibilities," the director continues.

"I started telling stories from my own experience as a parent, as a child, as an adult. All that I'd learned in the 15 years I'd been a dad. The meeting got very emotional. I didn't really want to write off of anyone else's notion but this was too delicious. It felt like if I took on its magic and married it with my experience and my deep need to explore, in a new way, the issues of family and love and how we treat each other and how we navigate this broken world... if I could put all that together, maybe I could come close to making the kind of film that I was dreaming about."

Finding a balance between

realism and fantasy, however, was harder than he imagined. A table read of his initial script revealed some problems.

"About halfway through the reading fell apart," he says.

"Suddenly I found myself falling asleep and the room got very grim. What I realized was that while the ultimate journey was right, the middle of the movie was in deep trouble. I had more whimsy and less meaning."

A rewrite led to finding the right balance.

"With a film like this you take a bit of a leap," he says. "I think that is the enchanting part of cinema."

"That's why we go to the movies."

On the web



Changes set for NBC's *The Voice* this season, including new 'knockout' punch and 'steal'

 @CapPride
facebook.com/CapitalPride
www.capitalpride.ca

Parade • Info Fair • Beer Garden • Mainstage Entertainment
Come Out and Play!
August 17-26, 2012



OUTLOOKS





Vanessa Paradis ALL PHOTOS GETTY IMAGES

Too personal, too public: Paradis struggles with prying questions

While Vanessa Paradis is out promoting her new movie, *Cornouaille*, she can't seem to dodge questions about her recent split from longtime partner Johnny Depp. "I don't want to talk about him. Who said that artists should sell their soul, expose everything about themselves?" Paradis asks in an interview with French Elle. "It's my duty to promote this movie and my albums, but you can imagine what it feels like to see people making a business out of your pain." She does offer some insight,

Tough stuff

"You can imagine what it feels like to see people making a business out of your pain." Vanessa Paradis

though, into what makes relationships work — and not work: "I hate, for example, whenever you hear someone say, 'You have to work at being a couple.' No, you have to want to be there," she says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

He puts a ring on it: Aniston's on her way down the aisle

THE WORD

scene@metronews.ca

After more than a year of dating, Jennifer Aniston and Justin Theroux are engaged to be married. Theroux's rep confirms to People magazine.

"Justin Theroux had an amazing birthday on Friday, receiving an extraordinary gift when his girlfriend, Jennifer Aniston, accepted his proposal of marriage," his rep says.

Theroux, 41, and Aniston, 43, have known each other for years, but started dating more than a year ago after working on the comedy *Wanderlust*. Though that film disappeared quickly



from movie theatres after its release earlier this year, the relationship clearly proved to have more staying power.

The two moved in together and tabloids soon began predicting everything from marriage to babies for the new couple. This will be Theroux's first marriage. It's not clear if a wedding date for the couple had been set. Aniston's engagement comes four months after Pitt and Jolie announced their engagement.

WITH FILES FROM
THE ASSOCIATED PRESS

Perry wants ex to zip it about past, sources say

After one too many interviews in which Russell Brand ran his mouth about their failed 14-month marriage, Katy Perry has reportedly called in the lawyers to gag the British comedian, according to the Daily Star.

"Katy is fed up with Russell constantly making reference to their marriage in interviews," a source tells the newspaper. "While it's mainly harmless and often even complimentary,



Twitter



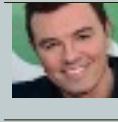
@pattonoswalt

Jesus CHRIST. Just walked for 20 minutes at 10:30 pm in Miami and now I never want to stop showering. #muggy



@EllenBarkin

There is a satellite dish outside my window that I'm really growing attached to. I don't think it's mine. I'll find comfort elsewhere



@SethMacFarlane

In the ninth ring of Hell, you have to watch other people eat cereal for all eternity.



@SirPatStew

My brain hurts.

WE ARE CANADA'S BIGGEST STORE

Sign-up at WWW.SHOP.CA to **get \$10 Rewards** cash to spend on your first purchase of \$25 or more.

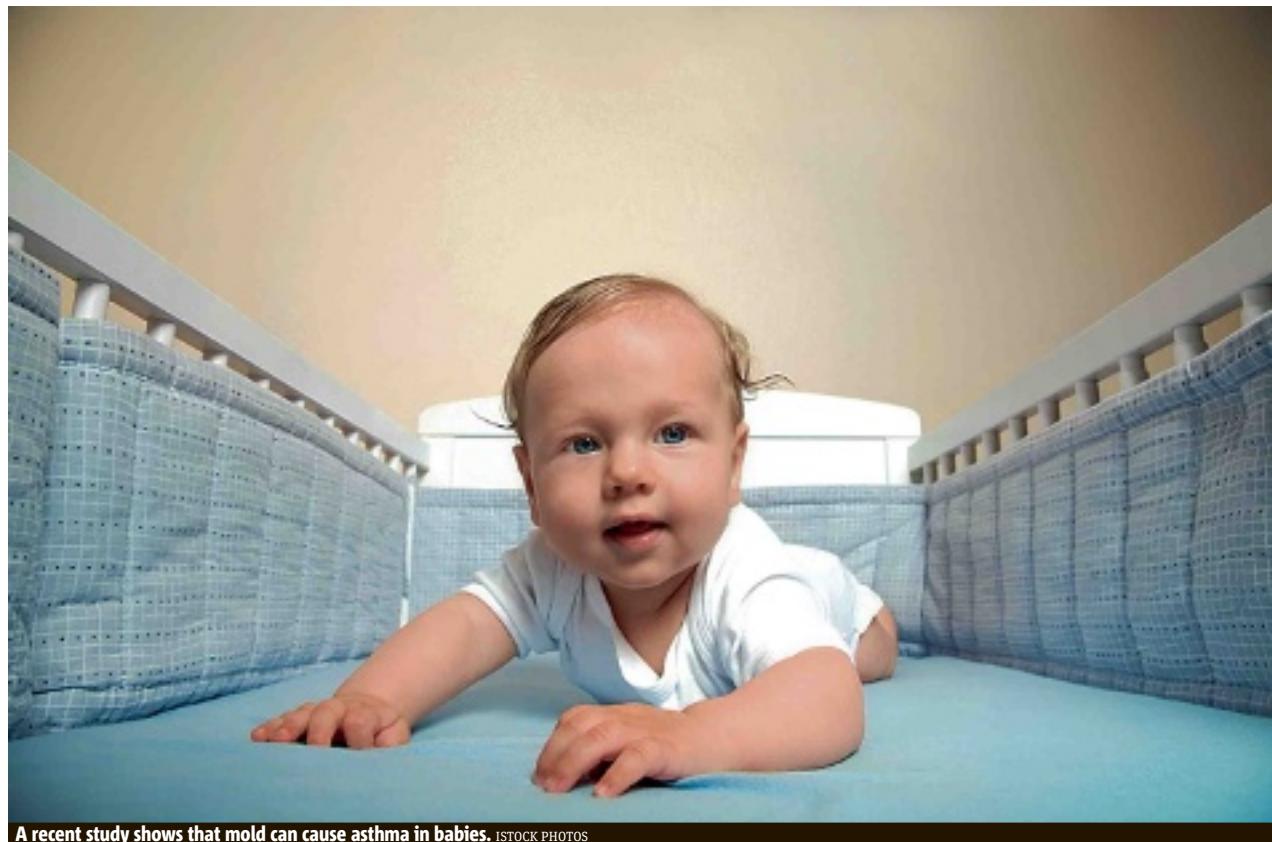
plus • **FREE SHIPPING!** •
SOME CONDITIONS APPLY

SHOP • CATM
SHOP & EARN, EVERY TIME!™

Got great products to sell? Contact supplier@shop.ca | SHOP.CA Sign-UP required to claim \$10 Reward and can only be used at WWW.SHOP.CA

3

REASONS



A recent study shows that mold can cause asthma in babies. ISTOCK PHOTOS

Babies exposed to mold more susceptible to asthma

Factors. Study shows that risk of developing breathing problems is higher for babies that come into contact with certain harmful fungi

Quote

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home."

Prof. Tiina Reponen
University of Cincinnati

mold did.

"The main new finding is that we were able to show an association between mold exposure in infants and the development of asthma in children," says lead author and professor Tiina Reponen from the University of Cincinnati.

Cats reduced the risk of asthma.

Asthma is a chronic inflammation of the airways. It affects about 12.5 per cent of

Canadian children.

There were 289 babies in the study, all born healthy in Kentucky and Ohio. The scientists did home visits when infants were on average eight months old.

They assessed amounts of dust, mold (which is made up of fungi) and other allergens in the home. Then, the children received a clinical exam at age seven, and were tested for asthma.

Risk of asthma was 1.8 times greater in the children who were exposed to high amounts of mold.

"The main reasons for mold growth in buildings include wet basements, flooding, roof leaks, leaks from water pipes, and condensation of indoor moisture on cold surfaces," says Reponen.

Her advice?

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home. And even more critical if there is a parental history of asthma."

The study will be published in the Journal of Allergy and Clinical Immunology.

Best Health

Hop on the benefits of cycling



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

If your bike is sitting in your garage collecting dust, it might be time for a gentle refresher on why two-wheeling for fitness is so great for you. In the current issue of Best Health magazine, Matthew Kadey explores some major life benefits of cycling.

1. You'll be trim

Cycling is a great calorie burner: A 130 pound woman cycling at a moderate pace for 30 minutes will torch around 240 calories. And according to a study in the American Journal of Public Health, adults involved in active travel are less likely to be overweight.

2. It's cheap and eco-friendly

Save on gas while saving the environment. Map out a two-kilometre radius from your home in which you can do bike errands. Start by wheeling to your pharmacy or grocery store once a week, and then expand your radius for an extra challenge.

3. You'll tame stress

A 2011 Swedish study found that people who drive to work are more stressed and are in worse health than those who bike to work.

Join a cycle club if you need the extra motivation to get your endorphins pumping.

For more news on how to stay properly hydrated and get the right nutrients to keep you going strong in the saddle, check out Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF
BEST HEALTH MAGAZINE, GOT TO
BESTHEALTHMAG.CA/METRONEWS

On the Web



Kids pick nutritional Happy Meal when no toy offered with less healthy option: study

Give your Legs a Facelift!

VARICOSE VEINS

Painful veins on your legs? Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.



Dr. Lucie Beaupré
American Board of Phlebology Certified

OTTAWA
1335 Carling Avenue
Suite 600
(613) 722-0101

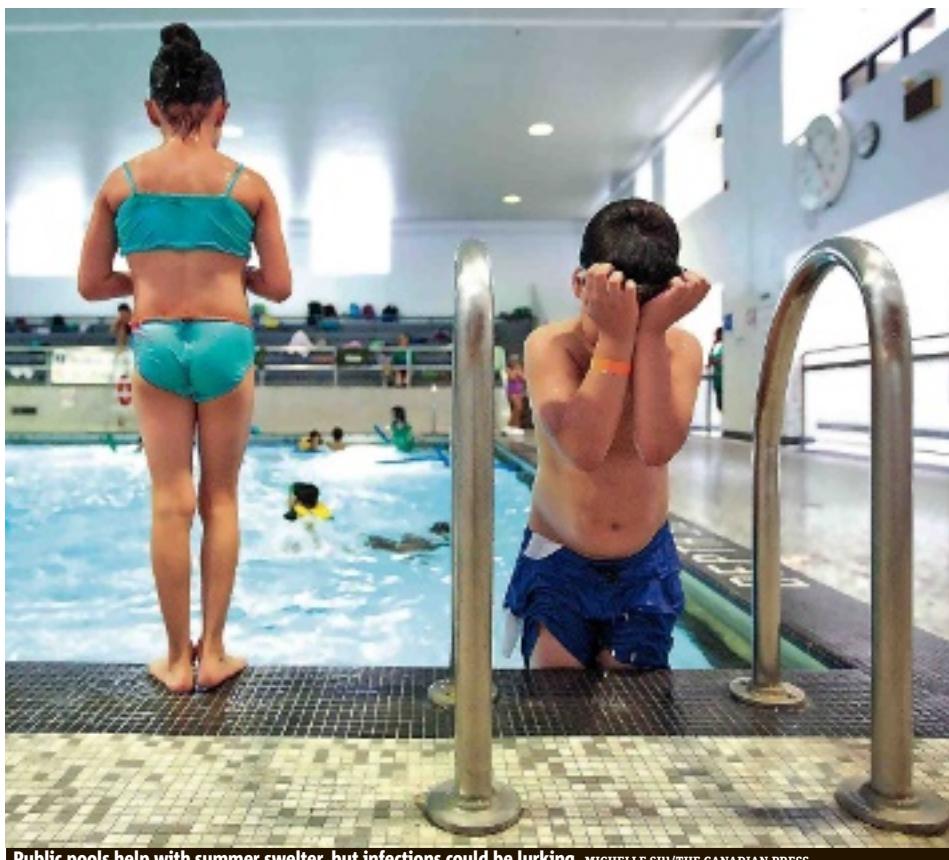
SPIDER VEINS

Spider veins on your legs or face? Get rid of them with simple injections.

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561

DR. BEAUPRÉ
VEIN/VARICES
CLINIQUE

www.drbeaupreveinclinic.com



Public pools help with summer swelter, but infections could be lurking. MICHELLE SIU/THE CANADIAN PRESS

Swimmers should beware of bacteria

Public pools. Take the proper precautions and keep things sanitized when looking to cool off with the kids for remainder of summer

While many Canadians have turned to public pools this summer to seek relief from sweltering temperatures, experts say steps can be taken to prevent pool-related maladies like athlete's foot and plantar warts, as well as gastrointestinal infections that spread through exposure to bacteria.

Responsibility for disease prevention, they say, lies

Hot tubs

Those who are using hot tubs should be aware too.

- **Signs.** Those using hot tubs should keep their eyes peeled for greasy-looking bubbles on top of the water, a sure sign of unsanitary conditions.

infection by cryptosporidium and pseudomonas.

Cryptosporidium is spread when those with gastrointestinal problems like diarrhea use a pool. Pseudomonas, meanwhile, is a germ commonly found in water or soil, and can cause a rash for those who swim in infected water.

Both cryptosporidium and pseudomonas are resistant to chlorine.

Beaudet says those with gastrointestinal problems should simply stay out of the pool.

And pseudomonas can best be avoided by making sure the area surrounding the pool is kept sanitized.

THE CANADIAN PRESS

both with those who maintain pools as well as with swimmers themselves.

Shelley Beaudet, a senior environmental health officer with Vancouver Coastal Health, says two of the biggest pool-related ailments are



**CENTRE DENTAIRE
RIDEAU
DENTAL CENTRE**

Aesthetic, Implant
& Family Dentistry
Since 1983



STRESS FREE AND
CARING DENTISTRY
NOW ACCEPTING
NEW PATIENTS

613-230-7475 • 2nd Level • Rideau Centre

Check out our weekly blog at
www.rideaudental.ca

THIS WEEK: Time to Get Your Sports Guards is Now!



**Be Hands-on with
Massage Therapy**



Change your life with
career training as a
massage therapist.

Everest COLLEGE
BUSINESS • TECHNOLOGY • HEALTH CARE

Call Now for More Information!
1-866-643-6317
www.TrainAtEverest.ca

Ottawa East

• 16 CONVENIENT LOCATIONS IN ONTARIO •

EVEREST COLLEGE IS THE LARGEST PRIVATE CAREER COLLEGE IN ONTARIO
WITH MORE THAN 9,000 ENROLLMENTS IN ONTARIO ANNUALLY

Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available. Evening classes vary by campus. Programs and schedules vary by campus.

PART-TIME CONSULTANT...

FULL-TIME ONLINE PERFORMANCE COACHING STUDENT



Performance Coaching - Graduate Certifcate
Now available part-time online and full-time online

LEARNING IS A LIFESTYLE. EDUCATION THAT FITS.

Algonquin College's Centre for Continuing and Online Learning offers hundreds of programs and courses in a multitude of fields.

Choose how you want to study:

- Take a course
- Start a part-time online program
- Commit to a full-time online program

FALL CLASSES START SOON. SELECT YOUR PROGRAM TODAY.

GOAlgonquin.com/FTOL

ALGONQUIN
COLLEGE

Upgrade your picnic with Black Olive Tahini Spread



ROSE REISMAN
for more, visit
rosereisman.com

This spread is similar to a hummus dip, but it adds black olives. Tahini is sesame seed paste found in the ethnic section of your supermarket.

It is great for dipping veggies and crackers during those lazy summer picnics.

Ingredients

Start to finish: 5 minutes

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 3 tbsp water
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/3 cup finely diced black olives
- 2 tbsp chopped fresh basil or parsley



This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a

food processor. Purée until smooth.

2. Stir in the olives and gar-

nish with basil or parsley.
ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Advice

Pregnant smoker, so what do I do?



**CHARLES
THE BUTLER**
askcharlesthebutler@
metronews.ca
For more, visit
charlesmacpherson.com

Hello Charles,
Recently, I was on the subway in Toronto and I observed a pregnant woman smoking. Yes, smoking. I wanted to pull that cigarette out of her hand, but also didn't want to create a scene. What should I have done? Brian

Dear Brian,
Wow! What seems like such a simple and obvious answer leaves us with some difficult questions.

First, I think it's common knowledge that smoking while pregnant is both dangerous to the unborn baby's health as much as it is to the mother.

Back to how to deal with the situation? I would observe the mother; are you sure she is pregnant and not just overweight? If I felt it was safe to approach her and she was in fact pregnant, I might just quietly go up to the smoking mother and



say something like, "I'm very sorry to bother you, I see you are pregnant, Congratulations. If I may just say, are you aware of the dangers of smoking while being pregnant?"

And then, based on her answer, I would either continue the conversation or, if she clearly does not want to discuss it with you I would wish her all the best, and walk away. The one thing I know I would not do is create a scene, which never solves the problem.

Now that you have read my thoughts, I really want to hear back from you. I ask my fellow Canadians, what would you do and or say in this situation? I will publish some to the best answers and approaches in a future column.

Lets hope we never experience this.

More in common.
Being of the same generation often means more shared experiences, goals and expectations

**SARA
DIMERMAN**
life@metronews.ca

There's no exact science as to the number of years required between partners to ensure the success of a relationship. However, it appears that most prefer a two to five-year gap, with the man (in a heterosexual relationship) being older. If a woman dates a much younger man, she's often referred to as a cougar. Some might even say that her guy has a mommy complex.

So, why do the majority stay within the three-years-apart zone? Well, it stands to reason that if you're born only a few years apart, that you might have more in common. You'd both recognize the same pop icons, remem-

ber the theme songs to the same movies, be able to play "geography" if you both grew up in the same neighbourhood and hung out with the same people.

Being only a few years apart also means that if you plan on having children together, that you are more likely to share the same or similar level of energy. Let's face it, if your spouse is 12 years older than you, he may not be as playful or as energetic as you — and that applies to times when you're with the kids or frolicking without them.

And what about a shared lifestyle? If you marry a man 10 years your senior just because you want someone whose more grounded, established and financially successful, you may bore of his work hours when you're still wanting to travel the world barefoot and fancy-free. And what about building a life together? There's something to be said for growing together, setting mutual goals and reaching for them as a couple. There is something to be said for standing at the start line together as opposed to joining him half way through to the finish line.

Health Solutions

Best bets in booze



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

What's a party (or an afternoon on the porch for that matter) without a couple of drinks?

Hey, some studies even show that there are heart protective benefits!

As usual, though, there's a catch: Women should limit themselves to one drink per day, men can have 2. (Note: If, and only if, you can afford the calories without gaining weight.)

That means that you must pay attention to getting all of the nutrients and calories your body needs from food before adding the empty ones of booze.

So how many empty calories in your best



beverage? And how are you going to work it off?

For each drink of the following you have, you will need to walk very briskly (so you are out of breath the whole time) for:

- 1 light beer (12 oz) = 110 calories or 24 minutes

- 1 vodka/soda (1.5 oz shot) = 125 calories or 28 minutes

- 1 glass of wine (5 oz) = 125 calories or 28 minutes

- 1 beer (12 oz) = 146 calories or 32 minutes

- 1 bloody caesar (1.5 oz shot + 5 oz clamato) = 156 calories or 35 minutes

- 1 vodka or gin/tonic (1.5 oz shot + 5 oz tonic) = 175 calories or 39 minutes

Life is nothing more (or less) than a series of tradeoffs. You get to decide which more and what less every day. It's easy when you have all of the information.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

There are real reasons why most couples are close in age



Age gaps in relationships can cause unforeseen problems. iSTOCK

A girl of 17, for example, who decides to settle down with a 25-year-old man may not know it at the time, but by the time she's 25 and he's 33, she's likely matured, grown, even changed significantly more than her mate — potentially creating a disconnection between them.

It's obvious that my experience as a couples' therapist hasn't led me to be convinced that a significant age gap between partners is a step in the right direction. This is not to say that it can't work, just that it may not be the best predictor of success or compatibility.

Car-sharing programs

Living carless and carefree



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I've been living in the inner city for six weeks and have used my car a grand total of 11 times; three of which weren't entirely necessary — I was running late for meetings.

Prior to moving downtown from suburbia, I'd tossed around the expensive idea of replacing my seven-year-old Volkswagen with a one-year-old hybrid. But now that I can walk to work, appointments, the grocery store and friends houses, I'm considering the exact opposite — a vehicle-free lifestyle.

The economic case for going carless is strong — no more car payments, maintenance bills, insurance fees, traffic jams, depreciation and parking expenses.

From an environmental perspective, less fuel is burned, and fewer automotive parts are manufactured and ultimately scrapped.

But, what happens when the carless person needs a vehicle?

I had such an experience in July while I was enjoying a few days in Vancouver. I'd flown into town and taken the Canada Line into Yale Town. On day two, when it was pouring rain outside, I needed a car to run errands. Car2Go was my solution.

Car2Go is a community car-sharing program located in major cities throughout Europe and North America.

Car2Go's Smart Cars are parked throughout

More Fun and Frugal



Follow Lesley on Twitter
@LesleyScorgie

a city and can be rented for as little time as a few minutes, for approximately \$0.35 per minute or \$13 per hour, up to a few days, for approximately \$65 per day.

Once a member, if you see a Car2Go on the street or locate one online, you can grab it. No reservation required. There is a small one-time sign-up fee and the per minute, hour or day utilization fee includes fuel, parking, mileage, insurance, maintenance, GPS, cleaning, 24/7 customer support and roadside assistance.

In my case, paying \$0.35 per minute works out to nearly the same cost, if not less, as driving my personal vehicle when I take into account the total cost of car ownership.

ZipCar is another car-sharing service that allows you to borrow different models of vehicles for varying rates that are competitive with Car2Go.

So, if you need a truck to move furniture, ZipCar has larger vehicle models in its fleet. ZipCar's cars have to be returned to the same parking stall meanwhile Car2Go vehicles can be dropped off in most designated zones (as determined by Car2Go).

Modo is another option that allows a specific community of people to use one vehicle within a coop. Under this model you buy into a share of the vehicle for a one-time refundable fee; typically \$500 per person plus pay a usage rate.

With car-sharing options now available in most major cities in Canada, going carless is easy. To see how you can save money, compare the programs in your community to the costs, and hassles, of owning your set of wheels.

Utilize leftovers

Alison's Money Rule. Fight food inflation with leftovers, planning, coupons and bulk buying



YOUR MONEY
Alison Griffiths
money@metronews.ca

Bad news! You're about to about to spend up to \$2,000 more between now and the end of 2013. Initial projections have food costs rising 5.5 to 7.5 per cent, thanks to the North American-wide drought.

According to the Alberta provincial Ministry of Agriculture and Rural Development, a family of four averages \$800 monthly in basic grocery spending.

The increase will add from \$704 to \$960 to the grocery budget over the next 16 months.

This amount doesn't include extras like condiments nor does it account for takeout or restaurant meals.

Add those in and families will be paying at least \$125 more monthly.

Don't despair. Here are 4 ways to laugh at food inflation.

Utilize leftovers

1 Let your fridge dictate what the meal will be. For instance, if you have half a pork roast and assorted veggies, stir fry the lot, cook up a pot of rice as a side dish and spice to taste.

Nutritious, tasty and fast! Keep track with a leftover log on the side of the fridge.



Drought in North America is causing grocery costs to rise. ISTOCK IMAGES

2 Plan

2 Plan meals in advance to avoid last minute grabs or takeout, which are expensive and often unhealthy. A menu plan makes it easier to shop for an entire period and integrate leftovers into the menu.

3 Clip

3 If you forget to clip or print coupons from the web, check customer service in the store.

Clipping or surfing for coupons is also a great way

to involve young kids in shopping. Canadianfreestuff.com does a lot of the work for you with lists of printable and mailed coupons.

4 Buy in bulk

4 Expect savings of 15 to 30 per cent on bulk shopping for items like chicken, hamburger and cheese.

Then bulk up your cooking by intentionally creating leftovers for dinner and brown bag lunches. How-

ever, carefully check your prices, 14 per cent of bulk purchases surveyed by the U.S. Department of Agriculture (USDA) actually cost more.

No room to store? Try splitting purchases with a friend.

Best of bulk

Meat, canned goods and store brands offer the best bulk savings (USDA).

Save big on furniture so your kid can afford to party. Um, we mean, to study.

Go back to school with IKEA.

Visit **IKEA.ca** for store locations and hours. Or to shop from home, visit our website or call **1-866-866-IKEA**



Union to present league with alternative: Fehr

NHL. Negotiations about to pick up pace a month after NHLPA received initial offer

The NHL Players' Association is dreaming big.

Faced with an initial proposal in collective bargaining that held absolutely no appeal, NHLPA executive director Donald Fehr is proceeding as though it never happened.

Rather than quibbling over the fine points of the NHL's offer, the union has chosen to reimagine the league's economic system in a proposal it will deliver on Tuesday.

"What we expect to do tomorrow is to put forth an alternative view as to what we should do next," Fehr said Monday. "That's the best way I can put it."

It's a bold move with a Sept. 15 deadline looming for a lockout. The initial offer from the NHL called for a lowering of

the players' share in revenue and introduced new contract restrictions, among other things. There wasn't one aspect of it that appealed to the union, with one source saying the NHLPA felt it was designed to "anger and provoke" rather than kick-start meaningful discussions.

Despite that, the union thoroughly examined it over the last month before deciding there was no true counter-proposal to be made. Fehr will instead offer up a "different kind

of an approach" — one that no doubt includes expanded revenue sharing and more flexibility than is currently allowed under the league's rigid salary cap system.

Negotiations are about to pick up pace. Despite the fact the sides have been talking throughout the summer, they finally seem ready to get down to work.

"All things in this world at this stage of this negotiation are possible," said Fehr.

THE ASSOCIATED PRESS



Donald Fehr

CHRIS YOUNG/THE CANADIAN PRESS



Kvitova rallies for Rogers Cup title

Petra Kvitova reacts following a point during the final of the Rogers Cup against Li Na on Monday in Montreal. Kvitova held on for the victory, 7-5, 2-6, 6-3. PAUL CHIASSON/THE CANADIAN PRESS

Mobile sports



The Baltimore Orioles have defied logic this season in a manner that transcends their unlikely stature as a playoff contender. Baltimore has been outscored by 49 runs, yet trail the AL East-leading New York Yankees by only 5 1/2 games and are in second place in the wild-card race. How have they done it? Scan the code for the story.

NHL. Giguere signs on for one more year in Colorado

The Colorado Avalanche have signed goalie Jean-Sebastien Giguere to a one-year contract extension.

The deal announced by the Avalanche on Monday will keep Giguere with the team through the 2013-14 season.

The 35-year-old Montreal native appeared in 32 games last season, his first with the Avalanche. He had the lowest goals-against average, 2.27, of any Colorado goaltender since David Aebischer in the 2003-04 season.

THE ASSOCIATED PRESS



Jean-Sebastien Giguere

GETTY IMAGES FILE

MLB

Bronx Bombers add veteran Lowe to bullpen

The Yankees signed Derek Lowe to a major-league contract on Monday and said they planned to use the right-hander in the bullpen.

Lowe, 39, has spent time as a reliever, but mostly has pitched in the rotation for various teams, most recently the Indians. Cleveland designated him for assignment on Aug. 2 and released him on Friday.

THE ASSOCIATED PRESS

PGA. Westwood cuts ties with coach and caddie

Quoted

"Lee admits he needed to shake things up."

Andrew Chandler, Lee Westwood's manager, on the golfer's split from his coach and temporary caddie

next year. Mike Kerr, who is normally on the bag for Alvaro Quiros, will take over for two months.

Westwood missed the cut at the PGA Championship, where Rory McIlroy won by eight shots. THE ASSOCIATED PRESS

Canada's homecoming queens



Olympic gold medalist Rosie MacLennan, from King City, Ont., signs autographs at Pearson International Airport in Toronto on Monday.

J.P. MOCZULSKI/THE CANADIAN PRESS

Warm welcome.

Gold medallist MacLennan among several athletes to return home from London

Canada's Olympians were greeted by cheering fans and throngs of media as they touched down on home soil Monday.

A large crowd of young and old alike serenaded soccer star Christine Sinclair as she arrived in Vancouver a day after carrying Canada's flag in the London Games closing ceremony.

Across the country, Sinclair's teammate Diana Matheson, who scored the dramatic winning goal in Canada's bronze-medal victory over France, also received a hero's welcome when she arrived at Toronto's Pearson airport.

"I think right now we're going home to sleep for a week," said Matheson.

Canada's only gold medalist was also greeted by adoring fans in Toronto.

Trampolinist Rosie MacLennan, proudly wearing her medal around her neck, said her Olympic success has brought a lot of attention to her sport.

"Now everybody knows my name," said the 23-year-old MacLennan, who has seen her Twitter followers explode from 900 to more than 14,000 after the big win.

The women's soccer bronze was one of the biggest Canadian stories of the London Games after the team lost to

Quoted



"I'm not retiring. I don't think any of us are retiring."

Canadian women's soccer captain Christine Sinclair

the United States in a semi-final marred by controversial officiating.

Sinclair said the bronze medal reaffirms her desire to go for gold again at the 2016 Summer Games in Rio de Janeiro.

In the months leading up to the Games, the 29-year-old, Burnaby, B.C., native said she would keep playing until at least the 2015 Women's World

Cup, which Canada is hosting, and likely stay on for another year for the Rio Games.

But there was no doubt about her future Monday as she spoke to reporters, signed autographs and posed for pictures for hundreds of fans.

Sinclair helped Canada claim its first-ever Olympic medal in soccer as she led all scorers at the Games with six goals. It was also Canada's first



Women's soccer hero Diana Matheson, from Mississauga, Ont., shows off her bronze medal upon her arrival in Toronto on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS

Visit metronews.ca/olympics to view a slideshow of Canada's returning athletes and more post-Olympic coverage.

medal in a traditional team sport at a Summer Games since 1936.

Sinclair's teammate Sophie Schmidt said the adulation showered on Canada's captain was well-deserved.

"She's meant so much to this team, and been the heart and soul of the team for so long," said Schmidt. "Now, finally, she has that medal. That kind of gives her that hero status. It's amazing."

THE CANADIAN PRESS



Van Koeverden lands in T.O.

Adam van Koeverden talks to members of the media upon his arrival at Pearson International Airport in Toronto on Monday. The silver-medal-winning kayaker said he is still pondering his Olympic future. "I'm looking forward," said the Burlington, Ont., native. "I don't know that I'm done." DARRYL DYCK/THE CANADIAN PRESS

Medal wins don't always mean athletes strike it rich back home

Many of Canada's Olympic medallists are already returning home to a hero's welcome across the nation.

But once the dust settles, it's unlikely they'll be cashing in on their Summer Games success.

"Canadians really love the Olympics more than they realize," said Cary Kaplan, president of Cosmos Sports, a sports marketing company in Mississauga, Ont.

"It's bonding. It's huge. But when it's over, (the excitement) doesn't carry over. It tends to drop off a cliff."

A lack of public interest in amateur sports that are so

revered during the Olympics — like diving, kayaking and gymnastics — has historically resulted in corporate Canada passing over Olympians, even ones with gold medals hanging from their necks.

"The problem is sponsors don't sponsor athletes out of the goodness of their hearts, although it would be nice if that was the case," said Kaplan, whose past clients include Golf Canada and a handful of National Hockey League teams.

"The vast majority do it for specific return on investment and economic benefit. Unless an athlete or sport transcends or goes well beyond the Olym-

pics, it's difficult."

Canadian soccer star Christine Sinclair said although she's been lucky so far at winning corporate sponsorships, many of her peers have not experienced the same success.

"For me personally, these Olympics, I feel like I've been a fortunate one in terms of sponsorships and things like that,"

she said Sunday after being named Canada's flag-bearer for the closing ceremony in London. "But it needs to happen for more, like my teammates. Obviously I know the soccer side of things. I think they deserve more. They're some of the best players in the world and aren't seen as such."

THE CANADIAN PRESS

Quoted

"You hear all the time, even during these Games, that talent and perseverance is an important part of the equation, but so are resources."

Brock University sports-management Prof. Cheri Bradish



For Canadian athletes, the reality is that there just aren't many multimillion-dollar endorsement deals to be had at home. DAN KITWOOD/GETTY IMAGES

London, Ont. 'No regrets at all' for Janine Hanson

Janine Hanson simply could not stop smiling.

As the silver-medal-winning rower in Canada's women's eight boat arrived back home in London, Ont., on Monday, she was met by about a dozen supporters who gathered to greet the two-time Olympian after she stepped off a 4:11 p.m. connection flight from Toronto's Pearson airport.

"It's nice to be able to share the medal with people, just to come home and see friends and family," Hanson said, beaming.

Among the well-wishers was the Dew family of London. "She's a part of our family," Carla Dew said proudly, preferring a welcome-home gift of homemade bread and jam.

After a short embrace with family, Hanson flashed a big smile at Carla's son, Mitchel. The two, though 18 years apart, are good buddies. They met six years ago through Autism

Hometown gang

- Decathlete Damian Warner arrived in London at 8:24 p.m. Asked about his key to success at the Games, Warner, 23, said: "Just go out there and have fun. If I do, the results will come."
- Lesley Thompson-Willie, now a four-time Olympic medallist in rowing, was scheduled to arrive at 11:57 p.m.

JOHN MATISZ/METRO IN LONDON



Janine Hanson of Canada's women's eight rowing team shows off her silver medal at Pearson airport in Toronto. TORSTAR NEWS SERVICE

London, and Hanson remains a strong influence on Mitchel, who lives with the disorder. She has taught him how to swim and taken him on day trips.

But Hanson's homecoming had a tinge of bittersweetness because she knows the current women's eight roster won't be intact for much longer. Five of its nine members are 30 or older. Hanson and Ashley Brzozowicz will be passing the torch to a pair of 23-year-olds, Natalie Mastracci and Lauren Wilkinson.

Calling the big race a "good fight," she says placing second to the powerhouse Americans was a huge victory for the squad. With her boyfriend, family friends and Mitchel huddled around her, she summed up the crew's performance: "No regrets at all."

JOHN MATISZ/METRO IN LONDON



Olympian Custio Clayton is reunited with his girlfriend, Charis Diggs, and his son, Kyreece, as he returns from the London Olympics to a hero's welcome at Halifax Stanfield International Airport. JEFF HARPER/METRO IN HALIFAX

Boxer Custio Clayton floored by reception

Halifax. Athlete is among five Olympians returning to Nova Scotia after impressive showings at the Summer Games

ANDREW CALEY
ottawa@metronews.ca

The moment the doors opened at Halifax Stanfield International Airport and revealed boxer Custio Clayton, the crowd erupted.

Clayton, from North Preston, N.S., had a huge smile as his son was passed to him through the crowd and his friends and family presented

him with a medal.

"This is crazy. I mean, to come through here and see all these people here, it doesn't get much better than that," Clayton said.

A collection of a few hundred family members, friends and fans waited at the airport to greet their Olympic heroes Monday afternoon.

Along with Clayton, Nova Scotia's Ellie Black, Geoff Harris, Jenna Martin and Danielle Dube returned home after an impressive showing at the Summer Games in London.

Clayton lost a controversial decision on a count back to Great Britain's Freddie Evans in the quarter-finals. A win would have guaranteed him at least a bronze medal. But Clayton took the deci-

Just the beginning?

Ellie Black, Custio Clayton and Geoff Harris all confirmed that after some rest, they will set their sights on the Rio 2016 Olympics.

sion in stride and is looking forward to getting a chance to sit back and rest before getting back to the gym.

"To see all these people behind me even though I didn't win a medal.... But deep down they believe in me and believe I won the medal and I believe I won the medal and that's what's important."

Black, the 16-year-old gymnast from Halifax, came through the airport gates to

chants of "Ellie! Ellie! Ellie!"

"It's amazing," she said with tears in her eyes. "It is the best experience ever. Everyone's here."

Black's strong performance, particularly in vault, helped propel Team Canada to its first-ever team final in the Olympics and a Canadian-best fifth-place finish.

Black said being in London was a great experience and that she will use what she learned there to help propel herself toward the 2016 Summer Games in Rio de Janeiro.

But for now, she just wants to get home and see those who didn't make the trip to the airport.

"I can't wait to get home and see my dog," she said with a laugh.

7.5 M watch closing ceremonies

The closing ceremony was Canada's most-watched event of the London Olympics.

An average of 7.5 million people tuned in to Sunday's broadcast of the Summer Games finale.

That was more than the 6.4 million Canadians who watched the opening ceremony.

Usain Bolt's run to gold in the 100 metres was Canada's most-watched sports event with an average of 6.2 million tuning in to both the English and French broadcasts of the

Tough to compare

While the Canadian ratings for London outpaced the Beijing Games four years ago, it's difficult to compare the two because a new ratings-measurement system was introduced in 2009 that has seen sports TV ratings skyrocket.

Aug. 5 race.

The controversial women's soccer semifinal between Can-

ada and the U.S. was second with an average of 3.1 million tuning in.

Canada's Olympic broadcast consortium said 31.9 million viewers tuned in to TV coverage between July 27 and Aug. 12. That's up from the 24 million who watched the 2008 Beijing Olympics on CBC.

The broadcast consortium said 3.4 million hours of content was viewed at CTVOlympics.ca and RDSolympiques.ca, while more than 1.1 million mobile apps were downloaded.



A performer during the closing ceremony of the London Olympics on Sunday. GETTY IMAGES FILE



Bringing home the goods

Olympic bronze medallist Mark de Jonge, from Halifax, poses with his medal as he arrives back in Canada at Pearson airport in Toronto on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

| | W | L | Pct | GB |
|-----------|----|----|------|----|
| New York | 67 | 47 | .588 | — |
| Tampa Bay | 62 | 52 | .544 | 5 |
| Baltimore | 62 | 53 | .539 | 5½ |
| Boston | 57 | 59 | .491 | 11 |
| Toronto | 54 | 60 | .474 | 13 |

CENTRAL DIVISION

| | W | L | Pct | GB |
|-------------|----|----|------|-----|
| Chicago | 62 | 51 | .549 | — |
| Detroit | 61 | 54 | .530 | 2 |
| Cleveland | 53 | 62 | .461 | 10 |
| Kansas City | 49 | 65 | .430 | 13½ |
| Minnesota | 49 | 65 | .430 | 13½ |

WEST DIVISION

| | W | L | Pct | GB |
|-------------|----|----|------|-----|
| Texas | 67 | 46 | .593 | — |
| Oakland | 61 | 53 | .535 | 6½ |
| Los Angeles | 60 | 55 | .522 | 8 |
| Seattle | 53 | 63 | .457 | 15½ |

Monday's results

Texas at N.Y. Yankees
Chicago White Sox at Toronto
Detroit at Minnesota
Cleveland at L.A. Angels
Tampa Bay at Seattle
Sunday's results
Boston 14, Cleveland 1
Toronto 10, N.Y. Yankees 7
Baltimore 5, Kansas City 3
Chicago White Sox 7, Oakland 3
Tampa Bay 7, Minnesota 3, 10 innings
Texas 8, Detroit 3
Seattle 4, L.A. Angels 1
Tuesday's games

All times Eastern

Boston (Beckett 5-9) at Baltimore (W.Chen 10-7), 7:05 p.m.
Texas (M.Harrison 13-6) at N.Y. Yankees (Kuroda 10-8), 7:05 p.m.
Chicago White Sox (Quintana 4-2) at Toronto (H.Alvarez 7-9), 7:07 p.m.
Detroit (Fister 6-7) at Minnesota (Duensing 2-7), 8:10 p.m.
Oakland (J.Parker 7-6) at Kansas City (Guthrie 1-3), 8:10 p.m.
Cleveland (Jimenez 9-11) at L.A. Angels (Greinke 0-1), 10:05 p.m.
Tampa Bay (M.Moore 9-7) at Seattle (Mills 4-10), 10:10 p.m.
Wednesday's games
Detroit at Minnesota, 1:10 p.m.
Tampa Bay at Seattle, 3:40 p.m.
Boston at Baltimore, 7:05 p.m.
Texas at N.Y. Yankees, 7:05 p.m.
Chicago White Sox at Toronto, 7:07 p.m.
Oakland at Kansas City, 8:10 p.m.
Cleveland at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

| | W | L | Pct | GB |
|--------------|----|----|------|-----|
| Washington | 71 | 44 | .617 | — |
| Atlanta | 66 | 48 | .579 | 4½ |
| New York | 55 | 60 | .478 | 16 |
| Philadelphia | 52 | 62 | .456 | 18½ |
| Miami | 52 | 63 | .452 | 19 |

CENTRAL DIVISION

| | W | L | Pct | GB |
|------------|----|----|------|-----|
| Cincinnati | 69 | 46 | .600 | — |
| Pittsburgh | 64 | 50 | .561 | 4½ |
| St. Louis | 62 | 53 | .539 | 7 |
| Milwaukee | 52 | 61 | .460 | 16 |
| Chicago | 44 | 69 | .389 | 24 |
| Houston | 38 | 78 | .328 | 31½ |

| | W | L | Pct | GB |
|---------------|----|----|------|-----|
| San Francisco | 63 | 52 | .548 | — |
| Los Angeles | 62 | 53 | .539 | 1 |
| Arizona | 58 | 57 | .504 | 5 |
| San Diego | 51 | 65 | .440 | 12½ |
| Colorado | 41 | 71 | .366 | 20½ |

WEST DIVISION

TUESDAY

BLUE JAYS 10, YANKEES 7

New York ab r h bi Toronto ab r h bi
Jeter ss 5 2 3 2 R Davis lf 5 1 2 5
Swisher rf 5 1 2 1 McCoy 2b-ss 5 1 1 1
Teixeira 1b 4 0 1 0 Encr edh 4 2 3 2
Cano dh 3 1 1 2 Cooper 1b 5 0 2 1
An Jons lf 4 1 1 0 Sierra rf 5 1 3 0
Gardner cf 4 1 1 0 Mathis c 4 2 1 1
McGee 3b 4 0 1 1 Y Gomes 3b 3 1 1 0
RMartn c 4 0 0 0 Gose cf 3 1 0 0
J.Nix 2b 3 1 0 1 Hchvr ss 3 1 1 0
ISuzuki ph 1 0 0 0 Khrns ph-2b 0 0 0 0
Totals 37 71 7 308 10 140
New York 000 013 300 7
Toronto 100 630 000 10
DP-Toronto 1. LOB—New York 4, Toronto 7.
2B—Jeter (23), Teixeira (24), An.Jones (7),
McGhee (3), J.Nix (9), R.Davis (2), Encar-
acion (22), Mathis (9), HR—Jeter (9), Cano
(25), Encarnacion (30). SB—R.Davis (33).
New York IP H R ER BB SO
P.Hughes L-11-10 4 9 7 7 1 4
Igarashi 2 3 3 3 1 1
Eppler 12-3 1 0 0 1 3
Rapada 0 1 0 0 0 0
Chamberlain 1-3 0 0 0 0 0
Toronto Happ W-1-1 5 2-3 6 4 4 0 4
Lincoln 1 4 3 3 0 0
Oliver H,13 11-3 1 0 0 0 2
Janssen S,15-16 1 0 0 0 0 0
Rapada pitched to 1 batter in the 8th.
HBP—by Oliver (Cano). WP—Happ. PB—
R.Martin.
Umpires—Home, Mike DiMuro; First, Jim
Reynolds; Second, James Hoye; Third, Jim
Joyce.
T—2:49. A—43,924 (49,260) at Toronto.

FOOTBALL

NFL PRE-SEASON

Monday's result

Dallas at Oakland

Sunday's result

Indianapolis 38, St. Louis 3

Thursday, Aug. 16

Cleveland at Green Bay, 8 p.m.

Cincinnati at Atlanta, 8 p.m.

Friday, Aug. 17

Tennessee at Tampa Bay, 7:30 p.m.

Buffalo at Minnesota, 8 p.m.

Jacksonville at New Orleans, 8 p.m.

Detroit at Baltimore, 8 p.m.

Miami at Carolina, 8 p.m.

Oakland at Arizona, 10 p.m.

Saturday, Aug. 18

N.Y. Giants at N.Y. Jets, 7 p.m.

San Francisco at Houston, 8 p.m.

Kansas City at St. Louis, 8 p.m.

Washington at Chicago, 8 p.m.

Dallas at San Diego, 9 p.m.

Seattle at Denver, 9 p.m.

Sunday, Aug. 19

Indianapolis at Pittsburgh, 8 p.m.

Monday, Aug. 20

Philadelphia at New England, 8 p.m.

Jackson, Tor 1 0 0 0 0 6

CFL

WEEK EIGHT

EAST DIVISION

| | GP | W | L | T | PF | PA |
|----------|----|---|---|---|-----|-----|
| Hamilton | 6 | 3 | 3 | 0 | 182 | 198 |
| Toronto | 6 | 3 | 3 | 0 | 138 | 151 |
| Montreal | 6 | 3 | 3 | 0 | 164 | 188 |
| Winnipeg | 6 | 1 | 5 | 0 | 127 | 199 |

WEST DIVISION

| | GP | W | L | T | PF | PA |
|--------------|----|---|---|---|-----|-----|
| B.C. | 6 | 4 | 2 | 0 | 158 | 119 |
| Edmonton | 6 | 4 | 2 | 0 | 139 | 99 |
| Calgary | 6 | 3 | 3 | 0 | 186 | 174 |
| Saskatchewan | 6 | 3 | 3 | 0 | 175 | 141 |

Thursday's game

Hamilton at Winnipeg, 8 p.m.

Friday's game

Montreal at Edmonton, 9 p.m.

Saturday's game

Toronto at Calgary, 7 p.m.

Sunday's game

Saskatchewan at B.C., 7 p.m.

SCORING LEADERS

(x—scored two-point convert)

| | TD | C | FG | S | Pts |
|------------------|----|----|----|---|-----|
| Whyte, Mtl | 0 | 16 | 14 | 4 | 62 |
| McCallum, BC | 0 | 16 | 14 | 2 | 60 |
| Shaw, Edm | 0 | 13 | 14 | 1 | 56 |
| Paredes, Cal | 0 | 18 | 12 | 0 | 54 |
| Milo, Sask | 0 | 16 | 11 | 4 | 53 |
| Palardy, Wpg | 0 | 9 | 13 | 0 | 48 |
| Congi, Ham | 0 | 21 | 8 | 1 | 46 |
| x-Lewis, Cal | 7 | 2 | 0 | 0 | 44 |
| Walker, Ham | 7 | 0 | 0 | 0 | 42 |
| Sheets, Sask | 6 | 0 | 0 | 0 | 36 |
| Prefontaine, Tor | 0 | 5 | 10 | 1 | 36 |
| C.Williams, Ham | 5 | 0 | 0 | 0 | 30 |
| Waters, Tor | 0 | 5 | 7 | 1 | 27 |
| x-Matthews, Wpg | 4 | 2 | 0 | 0 | 26 |
| Boyd, Tor | 4 | 0 | 0 | 0 | 24 |
| Cornish, Cal | 4 | 0 | 0 | 0 | 24 |
| Dressler, Sask | 4 | 0 | 0 | 0 | 24 |
| Harris, BC | 4 | 0 | 0 | 0 | 24 |
| Whitaker, Mtl | 4 | 0 | 0 | 0 | 24 |
| Brink, Wpg | 3 | 0 | 0 | 0 | 18 |
| Charles, Edm | 3 | 0 | 0 | 0 | 18 |
| Koch, Edm | | | | | |

RENTALS

Rooms Furnished

Gatineau - 1 bdrm, 1 Bath, fully furnished 10 minute drive to downtown Ottawa. Washer, dryer and dishwasher all in unit. Everything included. 819-319-5823

PERSONALS

Personals



SERVICES

Financial

Need Ca\$h Today?

Loans up to \$10,000
Bad Credit? No Problem.
www.eazycash.ca
613-699-0011
Check Cashing, Car Title
Loans, Money Transfers.

Medical/Dental

Medical/Dental

The Caregard Group, Ottawa, ON 1 Registered Practical Nurse (RPN) req'd at Riverpark Place Retirement Residence located at Nepean, ON; Perm. f/t shift work 37.5 hrs /wk; completion of college/CEGEP/voc. or tech, training; Eligible for licensure; 1-2 yrs of related exp; geriatric & palliative care; \$20.75/hr; Email resume: critchie@caregard.ca

Mortgages

OWN A HOME?

Loaded with Debt? I can help! 1st, 2nd, 3rd Mortgages Re-Financing. Home Equity Loans. Debt Consolidation Loans. Bad Credit? Self-Employed? Bank said "No"? Fast approvals! Quick Closing! Steve Daigle: sdaigle@tmacc.com (613)863-0649 Lic.10717

MISCELLANEOUS

Miscellaneous

LOOK!
Advertise in this space
for as low as
\$10/day!!
Call 1-800-527-6767

follow us

like us

metro

HOUSEHOLD SERVICES

General Services

M.J.M. VACUUMS

1061 Merivale Rd., Ottawa
Call John at: 613-724-4777
Central vacuums starting at
\$399
Installation Available
Sales & Repairs All Kinds
COUPONS at www.mjmvacuums.com

Gotta old couch you wanna get rid of?

Place your ad in
Metro classifieds
metroclassifieds.ca
1 800 527-6767

Sell Your Stuff For FREE! Call 1-800-527-6767

Limited space Available Size 1.535" X .542", Limit 1/day, 2/wk

| | | | | | |
|---|---|--|---|---|---|
| 1 Fortress 3 wheeler Scooters In A1 condition Please call 613-565-0704 leave message if no answer. | Brand new budgie bird cage with 2 budgies. \$50 613-746-8702 | Ethan Allan pair of sofa's plus love seat \$500 for all 3 Floral print and excellent condition 613-745-6969 | Limited spaces avail. Get yours today! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk | Rotissarie for bbq • wardrobe • long wooden table with folding legs • cabinets • lamp • pictures • much more Call 613-729-7527 for details | Upright freezer - \$75 10,000 BTU Air Conditioner - \$100 Call 613-829-4561 |
| 2 adjustable deck lounge chairs 1 metal, 1 hard plastic cushions in excellent shape \$25.00 each 613-619-4256 | Call: 1-800-527-6767 today to book this space! Size 1.535" X .542", Limit 1/day, 2/wk | Fashionable Fascinators For All Occasions (hats) Various prices 613-825-7570 | MOVING SALE : white kitchen table \$5.00 4 kitchen chairs \$3.00 each 2 living room tables \$5.00 each childrens dresser \$5.00 819-598-5235 | Toaster Oven New \$60 TV with stand \$100 Wardrobe and Much More Please call 613-722-6699 | Wii Gaming System with one controller and games \$400 Call 613-710-1756 |
| 2 sofa with recliner from Lazy boy. 9 months old. Asking \$500 each. • Desktop & coffee table from IKEA - \$20 each OBO Call (613)867-1029 | DVD Player for Sale with remote Asking \$50.00 613-237-2866 or 613-371-1056-C | Fridge - \$100 • Dryer - \$50 • TV - \$25 • Dishwasher - \$100 Call 613-749-2265 / 613-749-4215 | MOVING SALE New and old must be sold Call before coming! 613-513-5515 | TV Unit, black in color, 2 doors for storage and 2 glass doors on top \$25.00 Futon, 9 months old \$115 Firm 819-598-5235 | XBOX original in great shape Controller S, DVD remote and 6 games Neg Price 613-798-0310 Leave message |
| Area Pro 2 Electric Guitar \$100 Call 819-328-7115 | Electric Wheelchair very good condition \$1200 (613)422-6447 | Like New: Scrub Tops. Sizes 1x - 2x \$7.00 each 613-823-4806 | ProForm BioVibe Vibration Bench Features multiple levels of vibe & pre-programmed workouts. \$300 new, asking \$150 OBO Call 613-729-2059 | Two basketball nets \$60 & \$150 OBO Call 613-829-4561 | Your Free Ad Here! Call: 1-800-527-6767 Size 1.535" X .542", Limit 1/day, 2/wk |

Houses For Sale

Houses For Sale

Attention Realtors!

Want to reach over 92,600 daily Metro News readers?
Advertise your listings with Metro Classifieds.

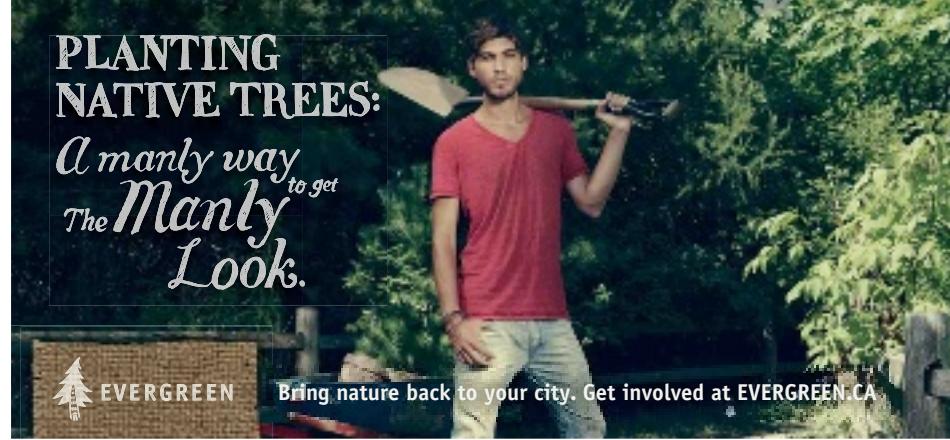


2 Listings
Starting as low as
\$36 per day

Call 1-800-527-6767 to place your ad now!

Read
metro work
every Monday
and Wednesday
for tips and trends
in education
and employment.

Only in Metro.
News worth sharing.



**Read metro your money
every Tuesday for financial tips,
trends and advice.
Only in Metro. News worth sharing.**

Horoscopes

♈ Aries

March 21 - April 20

Whatever else you do today, you must not take sides in a dispute. Power planet Pluto warns that even if you pick the winning side, you will lose out in ways you had not expected. Stay neutral — it's safer.

♉ Taurus

April 21 - May 21

No matter how successful you have been in your career, you can't shake the feeling that you could have done even better. Maybe it's true, maybe you could, but there's still today and tomorrow.

♊ Gemini

May 22 - June 21

For some reason, you have got it into your head that a friend or colleague is trying to take advantage of you. Most likely it is your imagination playing tricks on you. Master your mind, don't let it master you.

♋ Cancer

June 22 - July 23

Use your powers of persuasion to convince a friend or relative that what they are worrying themselves silly about is not worth the effort. And after you have convinced them, you might like to do the same for yourself.

♌ Leo

July 24 - Aug. 23

The message of the stars today is that you have taken on too much and need to cut back on your commitments. You may not want to let people down but the fact is your health must come first.

♍ Virgo

Aug. 24 - Sept. 23

A friend or colleague will suggest something today that sounds really good, but because you are worried about your money situation you may let it pass. Mistake! It could be the cash cow you've been looking for.

♎ Libra

Sept. 24 - Oct. 23

Other people may think that a certain course of action is wrong but you don't have to agree with them. Only you can decide what is "right" and "wrong" in your life, so don't give that power away.

♏ Scorpio

Oct. 24 - Nov. 22

You will achieve more in the long-term if you deal with people one-to-one than if you try to get your message over to large groups. Use your Scorpio charm (yes it does exist!) to get what you need.

♐ Sagittarius

Nov. 23 - Dec. 21

It may be that your options are limited but they are not so limited that you have to sit back and let fate turn you this way and that. Make a decision today and stick with it. Show fate you're the boss.

♑ Capricorn

Dec. 22 - Jan. 20

You have big ideas and big plans, but are you ever going to do anything with them? The planets urge you to stop thinking so much and actually start working. A little bit each and every day is all that is needed.

♒ Aquarius

Jan. 21 - Feb. 19

No matter how much pressure you come under from influential people, you must not betray your principles. If you back off even a little bit now you will end up backing off a lot later on.

♓ Pisces

Feb. 20 - March 20

It may be true that some people are not pulling their weight but don't make a big deal of it. Ignore what they are doing (or not doing) and focus on your own activities — that's what will make the difference.

SALLY BROMPTON

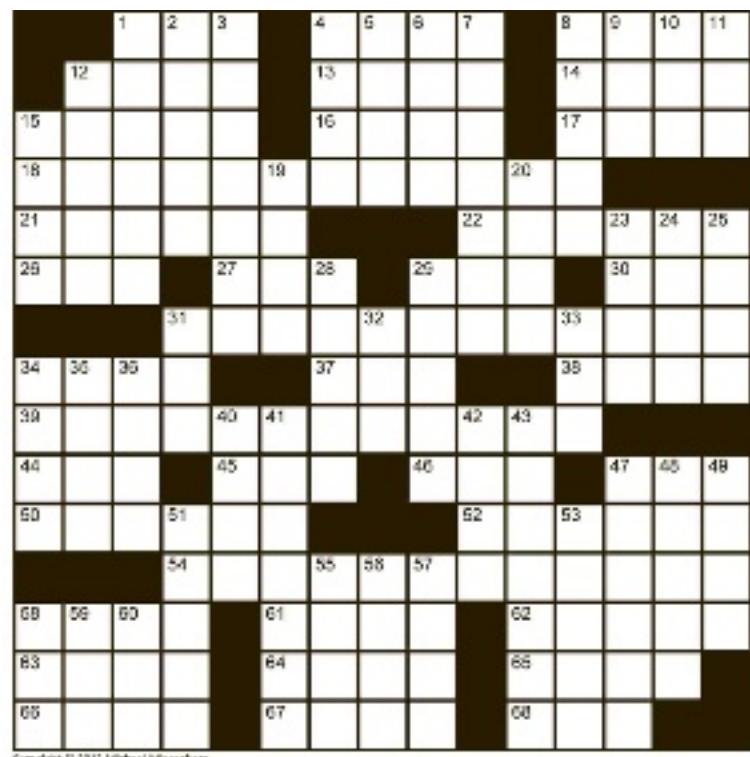
Crossword: Miscellany

Across

1. Replacement
4. Real estate rentals: abbr.
8. Observes
12. Altar end of church
13. Bend in a sink's pipe
14. Ottawa-born singer-songwriter Paul who wrote the much-covered "My Way"
15. Weeps
16. Short note
17. Encounter
18. Canada's official weights and measures reckoning (2 wds.)
21. Big rig fuel
22. Clandestine meetings
26. Hosp. workers
27. Prefix for logical or physical meaning "earth"
29. Maritime Prov.
30. "____ Baby Baby": 1965 Miracles hit
31. Montréal singer-poet most known for "Suzanne" (2 wds.)
34. Rim
37. *Nightmare on ___ Street*
38. Assents noiselessly
39. Canadian and American honeymooners' destination (2 wds.)
44. Bear's hibernation spot
45. Chewing ____
46. "____ thousand times ...", "I'll never agree" (2 wds.)
47. Lamb's bleat
50. Dextrose and fructose
52. What Scarborough or North York is to Toronto

Down

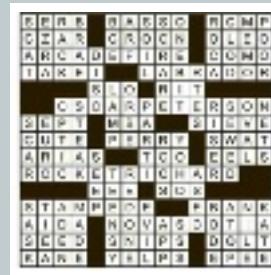
1. Is venomous to
2. People with computers
3. Overwhelm, as with requests
4. Cash dispensers
5. Carnivore's quarry
6. Scottish caps
7. Like a leopard
8. ____ Davis Jr.
9. Montréal-to-Québec dir.
10. Barely manage (with "out")
11. Posed
12. "Congratulations ____ order" (2 wds.)
15. Admiral's underling: abbr.
19. Disney goldfish
20. Guitarist Clapton
23. Area in London or NYC
24. ____ the line: conformed
25. Male offspring
28. 60 minutes past mid-



Copyright © 2012, Michael Huijbergh

| | | |
|-------------------------------------|---|--|
| night (2 wds.) | 41. ____ roulette | mile |
| 29. Spin doctor, for short (2 wds.) | 42. Be an unsuccessful gambler | 53. "Don't ____ words with me" |
| 15. Admiral's underling: abbr. | 43. PM Wilfrid | 55. Small inlet |
| 31. Part of a race | 47. ____ cord: what thrill-seeking bridge jumper uses | 56. Bedazzles |
| 32. Fuzzy alien of '80s TV | 48. Inert gas in vacuum tubes | 57. Barroom projectile |
| 33. Light switch positions | 49. Aid | 58. Society page adjective that means "born" in French |
| 34. Finishes | 51. 640 make a square | 59. Flub |
| 35. "Mon ____!" | | 60. Atmosphere |

Yesterday's crossword



What's online

See today's answers
at metronews.ca/answers.



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 3 | 8 | 8 | 5 | 1 | 4 | 9 | 7 |
| 1 | 6 | 7 | 3 | 4 | 9 | 2 | 6 | 8 |
| 4 | 9 | 8 | 6 | 7 | 2 | 5 | 1 | 3 |
| 7 | 1 | 9 | 2 | 8 | 5 | 3 | 4 | 6 |
| 3 | 8 | 2 | 7 | 9 | 4 | 8 | 5 | 1 |
| 5 | 6 | 4 | 1 | 3 | 8 | 9 | 7 | 2 |
| 9 | 7 | 1 | 4 | 2 | 3 | 6 | 8 | 5 |
| 8 | 4 | 3 | 5 | 1 | 8 | 7 | 2 | 9 |
| 0 | 2 | 5 | 9 | 6 | 7 | 1 | 3 | 4 |

| | | | |
|---|---|---|---|
| 2 | | | |
| 2 | 1 | 7 | 3 |
| 5 | 7 | 6 | 2 |
| 9 | | 1 | 4 |
| 1 | 2 | 5 | |
| 2 | 3 | | |
| 5 | 1 | 9 | 7 |
| 3 | 6 | 5 | 9 |
| | 4 | | |



Know what the weather
will be 14 days from now.
Check the 14 day trend.

©The Weather Network 2012

Sharability



easy

hard



OTTAWA GOLD

Paying You the Highest Gold and Silver Prices Guaranteed

Don't be fooled by recycling and road show events any longer. We offer significantly higher prices and we stand behind our promise to offer you the highest prices guaranteed. Breathe easy and sell with confidence. Visit us today and be pleasantly surprised.

WE PROMISE YOU...



The Highest Prices Guaranteed

Since we offer our very best prices upfront, there's no need for stressful negotiations. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we will beat that price by 20% of the difference!

Terms and Conditions can be found at www.OttawaGold.ca

Honest, Friendly and Transparent Service

We are dedicated to providing honest and transparent service with the highest payouts in the industry and no hidden fees. Everything is done right in front of you so you can be involved in every step, and payments are made in person, on-the-spot.

How it Works....

1. Bring in your unwanted jewellery.
2. Our friendly and professional staff will test your items right in front of you and involve you in every step.
3. You walk away with a cheque.

WHAT WE PAY

Gold Buying Prices by Karat

Karat | Price/gram

| | |
|---|------------------|
| 1 ounce (9999) Maple Leaf Coins | \$ 1,536.71/coin |
| 9999 Canada Maple leaf, less than 1 ounce | \$ 49.41/g |
| 24k Jewellery | \$ 37.77/g |
| 22k | \$ 34.60/g |
| E. Indian/Nuggets | \$ 30.67/g |
| 18k | \$ 28.33/g |
| 14k and dental | \$ 22.02/g |
| 10k | \$ 15.71/g |
| 9k | \$ 14.16/g |
| 8k/antique gold | \$ 9.44/g |

Gold Bar Buying Prices

Gold Bars | Buy Price

| | |
|---|--------------|
| Gold 1 ounce (Recognized) | \$ 1,480.39 |
| Gold 10 ounce (Recognized) | \$ 14,723.48 |
| Gold 1kg (Recognized) | \$ 47,335.98 |
| Gold bars, less than 1 ounce (Recognized) | \$ 47.34/g |
| 999 Gold bar (Unrecognized) | \$ 46.05/g |

Silver Coin, Bars, and Jewellery Buying Prices - Canada Coins | Price

Maple Leaf (1 ounce Silver) \$ 26.78/coin

Silver Jewellery and Other Silver | Price

| | |
|-----------------------------------|-----------|
| Stamped Sterling Silver Flatware | \$ 0.55/g |
| Stamped Sterling Silver Jewellery | \$ 0.52/g |
| Mexican Silver stamped 925 | \$ 0.44/g |
| Stamped 800 Silver | \$ 0.43/g |
| Unstamped scrap silver | \$ 0.28/g |
| Other silver coins | \$ 0.58/g |

Prices Updated: 2012-08-10, 1:58:00 PM

Example Purchase 1:

Purity: 14k • Weight: 193.50g

PRICE: \$4,260.87



Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: \$242.48



Example Purchase 3:

Purity: 14k • Weight: 183.30g

PRICE: \$4,036.27



613.979.GOLD (4653)

Westgate Shopping Centre, 1309 Carling Ave, Ottawa

Monday to Friday, 9:30am to 6pm • Saturday, 10am to 5pm • Sunday, 12pm to 4pm



www.ottawagold.ca

